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Snow budget up to \$6M in the red

Storm approaching. Financial questions

loom as does a coastal system and cold front



ROBSON FLETCHER

Calgary will blow its snowclearing budget by as much as \$6 million this year and have nothing left in its reserve fund for 2015, leaving city council in a quandary over how to pay for future plowing in the event of another unseasonably snowy winter.

"By the end of the year we'll have used up the entire (snow and ice control) reserve and we'll actually be in a deficit," roads director Troy McLeod told city council Wednesday.

"Depending on things go to the end of the year, we'll be in the order of \$5 to \$6 million (in the red)."

This year's snow budget is

"When you've got your buses out on the bus route but nobody can actually get to a bus stop ... that's a problem."

Coun. Brian Pincott

\$35 million. Another \$35 million is allocated for 2015, but there's currently no source of funds for plowing beyond a "normal" level of snowfall.

Mayor Naheed Nenshi noted the reserve was established with \$7 million in 2011 but only saw money flow in one direction — out.

"We had a couple of not very high snow years but we didn't actually put any money into it," he said.

Then, last year's recordbreaking winter for snow helped kill what was left in the fund.

Nenshi is now suggesting transferring \$3.5 million a year from the city's much larger Fiscal Stability Reserve

until the snow fund is back to a reasonable level. Coun. Peter Demong suggested as much as \$5 million a year might be needed.

Coun. Brian Pincott also suggested raising the annual budget by \$4 million to clear an additional 300 kilometres of sidewalks near major transit sites, saying last winter left more than just motorists stranded for days on end.

"When you've got your buses out on the bus route but nobody can actually get to a bus stop ... that's a problem," Pincott said.

Council will vote on all the snow-clearing measures at the end of its budget deliberations either later this week or next week.

Meanwhile, snow is in the forecast every day until Sat-

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CBE says it would prefer to skip 'starter schools'

To build or not to build.

Board tells province full schools are the superior option, but parent advocate fears delays

Calgary public-school officials have told the province they would prefer to skip proposed "starter schools" in four communities and proceed straight to fully functioning facilities.

But a parent advocate in one community desperately awaiting new infrastructure said Wednesday she fears more

"If the difference in time was six months between the starter school and a real school, then let's just wait," said Jan Nicholson, who lives in West Springs. "But if it's two years, give us the frigging starter school.

In late September, Premier Jim Prentice and Education Gordon Dirks announced the modular-based starter facilities for West Springs, Cranston, Aspen Woods and Saddle Ridge, with the promise that a full school would later be installed in the same areas.

But Frank Coppinger, the Calgary Board of Education's superintendent of facilities and environmental services, said his team believes proceeding straight to construction of full schools makes more economic sense and better serves the needs of students in the rapidly growing communities.

Metro has learned the CBE's position on the starter schools has been laid out in a letter that is due to be published in the

The province had pegged its commitment to four starter schools, as well as eight modulars to be attached to the packed Westgate School, at \$30.6 million.

trustee board's meeting agenda

Coppinger also noted that two of the starter schools would actually house middle-school students, but they would likely lack infrastructure for careerand-technology studies.

As well, one of the prime builders of the modular schools has conceded the facilities would not include a proper gym and may have a condensed lĩbrary area.

"It's our hope that the province will authorize a complete school rather than just a starter school," Coppinger said.

Meanwhile, an official with the Calgary Catholic School District said the organization has pitched the province on a faster construction plan for three Phase 3 schools announced by Prentice in October.

"We have an ability to tender all four or five schools at the same time, which means we'd get better pricing and access to some of the larger contractors and take some of the load off the province," said Mark Rawlek, superintendent of support services.

He added that the potential exists to have four or five schools ready come September

JEREMY NOLAIS/METRO WITH FILES FROM LEAH HOLOIDAY IN EDMONTON



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Demand mounts for later transit

Bar scene dilemma.

Later hours for transit would keep drunk drivers off road. supporters arque



HELEN PIKE

Sitting in the back of a car, Jennica Morrison prayed this ride home from the bar wouldn't be her last after realizing the driver was intoxicated while ferrying her and a few friends home from a late night out in

'I just wish I could've gotten home any other way," said Morrison. "I had 10 dollars. I lived halfway across the city. I had nobody I could call.'

She is one of many young Calgarians who face the bar scene dilemma. Cabs are scarce as the clubs let out, and cost an arm and a leg, especially if you live in one of the city's many sprawling suburbs. Buses and C-Trains, meanwhile, have long since stopped running for the night.

That's why Morrison started her petition on change.org. She said adding three hours of transit service, even just on weekends from 2 a.m. to 5 a.m., would go a long way in helping people get home safely and keeping drunk drivers

While cabs are an option if you're willing to pay, Morrison has heard mixed reviews of how well they work.

"Some cabbies won't even drive people home because they're too drunk," she said.

The call for later transit hours comes as city council debates its budget for 2015-18.

Several councillors said earlier this week that they'd like to see more transit service hours added in general, although they admitted finding the necessary funding would be a challenge.

Coun. Evan Woolley said he'd like to maintain the tax increase for 2015 at its currently projected 4.7 per cent level and would also be "very, very cautious" about cutting spending from other programs to pay for more transit.

Coun. Druh Farrell, meanwhile, said she's not satisfied with the level of transit service in the budget.

"If you ask the public what service they value ... and they want more services in certain areas, I feel compelled to respond to that," Farrell said.

Jeremy Barretto of Transit Camp, a citizens' group that advocates for public transit, said he was "confused" by the city's budget, which calls for 10 per cent fewer transit service hours per capita than in RouteAhead, Calgary's longterm plan for transit over the next 30 years.

Several councillors also called on the Alberta government to start funding Calgary Transit. Mac Logan, the city's general manager of transportation, said most cities in Canada receive some transit funding from provincial governments.

"Alberta is the only province I'm aware of that does not have provincial operating support for public transit," Logan said. WITH FILES FROM ROBSON FLETCHER



Push to fix overpasses misplaced, Woolley says



Sidewalks and underpasses used by thousands of people each day are being neglected while the city aims to replace or upgrade pedestrian overpasses, some of which see just dozens of users a day, Coun. Evan Woolley said Wednesday.

The Ward 8 councillor argued Wednesday in favour of redirecting some of \$22 million earmarked for overpasses in Calgary's fouryear budget toward more frequently used pedestrian

"We're building overpasses that no human being has ever been seen on as opposed to actually building sidewalks and underpasses where people actually walk." Mayor Naheed Nenshi

infrastructure.

"If we have an overpass that needs millions of dollars of upgrades and we only have 40 or 80 people using it a day, I find a lot of

challenge in us re-investing taxpayer dollars into that, Woolley said.

Mayor Naheed Nenshi echoed the sentiment.

"We're building over-

passes that no human being has ever been seen on as opposed to actually building sidewalks and underpasses where people actually walk," he said.

A majority of council disagreed, however, and voted Woolley's budget amendment.

Coun. Brian Pincott said the change would disproportionately favour downtown pedestrian routes, which see the most traffic, while leaving less used but still vital infrastructure elsewhere in

He cited the overpass at Crowchild Trail and 54 Avenue SW as one example, saying it only sees dozens of pedestrians a day but noted it's their only option to cross the busy thoroughfare.

"It's got to be replaced," Pincott said.

"If we allow it to degrade further, that's 50 people who can no longer access

ROBSON FLETCHER/METRO



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RCMP link highway drug busts to gangs

Traffic stops. Alberta RCMP seize 60,000 fentanyl tablets, 350 pounds of marijuana in separate incidents



HELEN
PIKE
helen.pike@metronews.ca

Mounties believe two major drug seizures in four days carried out during routine traffic stops are evidence of increased gang activity in southern Alberta.

On Nov. 17, RCMP found 60,000 tablets of fentanyl — also known as fake Oxycontin — in a hidden compartment of a vehicle pulled over for speeding on the Trans-Canada Highway west of Calgary.

Police believe the pills were manufactured illegally in Canada for street-level distribution. Calgary resident Quoted

"These two seizures are very, very large.... We know that organized crime is implicitly in seizures of this magnitude."

Insp. Garrett Woolsey

Pasang Sherpa, 27, was arrested and charged.

In a separate incident on Nov. 21, Brooks RCMP seized 350 pounds of marijuana after pulling over a transport truck on its way from British Columbia to Ontario for a traffic violation.

No charges have yet been laid in that incident.

"These two seizures are very, very large," Insp. Garrett Woolsey said. "We know that organized crime is implicitly involved in seizures of this magnitude."

He said when these kinds

of traffic stops turn into drugrelated seizures, specialized investigators are dispatched to the scene to conduct further investigation.

"Typically what happens is contraband has to make it to wherever its distribution is," Const. Paul Paquin said. "Is it coming more in vehicles than any other aspect? I would have to say it's basically the same."

Woolsey added the rise in these drug seizures has to do in part with a rise in police activity on highways. Enhanced traffic safety is one of RCMP's priorities: Speeding, equipment violations and impaired drivers are all part of the force's mandate.

The fentanyl tablets were especially concerning because ingestion of the drug has been linked to deaths in the U.S. Though the drug was making its way through Alberta, RCMP are not concerned these drugs are destined for cities like Calgary.





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Budget. Alberta to stay in the black, despite free-falling oil prices

Alberta's budget will stay in the black this year despite plunging oil prices.

Finance Minister Robin Campbell says in his secondquarter update that the forecast budget surplus for this fiscal year has been revised downward to \$933 million.

"We still expect to be in a surplus situation at the end of the fiscal year, but because of the drop in oil prices, the surplus won't be as large as we expected at the first quarter," Campbell said Wednesday in his first update as finance minister

The budget last March put the surplus at \$1.1 billion — but that's when oil prices were pegged at more than US\$92 a barrel.

Oil is now below US\$75 a barrel and not expected to rise any time soon due to a supply glut and instability in oil-producing regions abroad.

Campbell said the government remains committed to its goals, no matter the numbers

"Let me be clear: whether prices go up or down, this government will remain steady on course and committed to solid fiscal principles," he said.

"We're going to balance this year's operating budget and carry on the work that Albertans have told us we need to do: deliver core programs and services, and build and maintain the infrastructure that is so important to the quality of life of our growing population." THE CANADIAN PRESS

Quote

"Because of the drop in oil prices, the surplus won't be as large as we expected at the first quarter."

Alberta Finance Minister Robin Campbell, on the forecast budget surplus

Homelessness won't stop St. Mary's student

Helping hand.

University's humanities program provides schooling, guidance free of charge



JEREMY NOLAIS jeremy.nolais@metronews.

Wayne Wheeler sleeps in a bunk and shares a room with three others.

There's no door and he's routinely woken by people coming and going at all hours. His showers are brief as there are usually others waiting behind him and he has little, if any, space to store his belongings.

Wheeler is a long-term resident at the Calgary Drop-In & Rehab Centre.

But unlike many of the hundreds who go to the shelter,

the 56-year-old is still actively pursuing a post-secondary education thanks to a program offered at St. Mary's University.

Humanities 101 provides both teaching and amenities to poor or marginalized adults seeking a new beginning.

Wheeler's education costs are covered, he's provided a free meal every day — staff also let him take the leftovers if there are any available — and other items like bus fare and child care are also provided.

Wheeler credits the staff at

the Drop-In for helping him, but admitted it's not an ideal spot to crack open a textbook or finish an assignment. He splits his day between St. Mary's and the library at the University of Calgary. When he's not doing coursework, he sneaks in some quiet time to read.

"I was kind of feeling that I was trapped there, that there was no way out," he said of his current accommodations.

"I don't feel that way anymore. I believe I can get out and find a place and move on with my life."

A version of the Humanities 101 program originally launched in 2003 and Tara Hyland-Russell, an associate professor at St. Mary's, joined on the following year. Now, she oversees the progression of two dozen students with varying backgrounds, but who've all experienced extreme financial hardship. Students learn about both classic and contemporary texts and undergo vocational assessments in hopes of preparing them for future work.

Worked as an editor

Turned to drop-in as last resort

Wheeler originally earned a degree in psychology

in the late 1980s. He was working as an editor for a company, but it downsized and he lost his job.

"I couldn't find another one," he said.

"I maxed out my credit cards and, eventually, when there were no resources left I went to the

Now, he has eyes on completing the Humanities program and potentially pursuing a degree in English or history.



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Tara Hyland-Russell, left, an associate professor at St. Mary's University, currently helps two dozen students suffering from extreme financial hardship, including Wayne Wheeler, seen on her right, pursue their goals and get their lives back on track. JEREMY NOLAIS/METRO

Media requests. Stabbing evidence not yet released

A courtroom was packed Wednesday with friends and family who oppose a media request that evidence be released about the stabbings of five young people in Calgary's worst mass murder.

Matthew de Grood, 23, is accused of killing the five at a house party last April.

Several media outlets have requested access to warrants and witness interviews done immediately after the attack.

The submissions before Judge Tim Hironaka are under a publication ban and cannot be reported. He put the matter over until March

A two-week preliminary hearing for de Grood is to begin a week earlier.

The delay Wednesday is not that unusual, said media lawyer Matt Woodley.

"It can range from an immediate decision, which the judge indicated he had been considering, or it can range to several months' delay, so this is not terribly unusual," Woodley said outside court. THE CANADIAN PRESS

In front of Calgary Tower

Man hit by bus is in critical condition

A man is in life-threatening condition in hospital after being hit by a transit bus in front of the Calgary Tower early Wednesday morning, according to EMS.

The man, believed to be about 70 years old, was walking along Centre Street, crossing 9 Avenue SE, when the eastbound bus struck him just before 7 a.m., said EMS spokesperson Stuart Brideaux.

He was taken to hospital "in critical and life-threatening condition." There were no other reported injuries.

Brideaux said the bus was not a Calgary Transit vehicle.

"It was described to me as an Airdrie commuter bus," he said. METRO



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MRU staff honoured for helping save life

Lifesaving Award.

Staff stepped in as alum playing squash went into cardiac arrest

YASMIN JASWAL

Six of Mount Royal University's recreation staff received the St. John Ambulance Lifesaving Award Wednesday after using their training to help resuscitate a man suffering a heart attack earlier this year.

Ayaz Kara, an MRU alumnus, was playing squash in the university's recreational facility in January when he began to experience difficulty breathing.

His symptoms worsened, and eventually he ended up lying down on a bench in the change room. That's when his heart stopped. Michael Dubnyk, one of

the six award recipients, was the first person on the scene, and remembers the day well.

'Someone said, 'He needs help,' and I just kind of jumped in, instinctively," Dubnyk said. "I knew something was wrong and something had to be done.

Dubnyk said he began CPR compressions, and once the facility was notified of the situation, Paul Hunka joined him and started assisting with CPR, while Bjorn Billehang activated the automated external defibrillator. The three men were able to stabilize before paramedics ar-Kara rived on scene.

Dubnyk, Hunka and Billehang, along with Terry Klan, Simone Foster and Mike Skinner, were all recognized on Wednesday for the roles they played in helping revive Kara during his heart attack.

Kara credits the proximity of the EMS and fire department to the university, plus the training the recreation

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Quoted

"I really appreciate them. They've become kind of my lifesavers and my quardian angels."

Ayaz Kara, heart attack survivor

staff had and the work done at Foothills Hospital to his re-

"Everything was kind of working in my favour. It's truly amazing that I'm around today because of that," he said.

Kara said recovery has been a long process, and it will be a few more months before he is allowed to go back to playing squash. He added that he probably wouldn't be here today if it weren't for the efforts of the staff involved.

I've been truly, truly blessed," Kara said. "I really appreciate them. They've become kind of my lifesavers and my guardian angels."





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Thursday, November 27, 2014

After 10 years, GIRAF honours its roots as it reaches for new heights

A decade of growth.

Animation festival's anniversary to feature Japanese legend's first film in 14 years



BACKSTAGE PASS Lisa Wilton calgary@metronews.ca

For the past 10 years, the Giant Incandescent Resonating Animation Festival has brought some of the most interesting, creative and experimental animated films to Calgary.

Known simply as GIRAF, the annual event has grown from a locals-only showcase into an internationally known celebration of animation.

"We had around 600 submissions last year, and this year we had 850 submissions from 65 different countries," says



Peter Hemminger, executive director of the Quickdraw Animation Society, which presents the festival.

"It's become something that people in the animation community seem to know about and seem to want to be involved with, which is amazing."

There's a downside to GIRAF's increasing popularity, however. Hemminger recently had to send out more than 750 rejection letters to filmmakers

who had applied to the festival, which kicks off Thursday at the Globe Cinema.

"It was kind of heartbreaking," he says. "But I did actually get a reply from someone saying, "This is the nicest rejection letter I've ever received.' So I guess that helps a bit with feeling less guilty about it."

But receiving so many applications meant Hemminger and co-curator Laura Leif could pull together the absolute best in independent animation from around the world for GIRAF's 10th anniversary. That includes the full-length film The Tale of the Princess Kaguya by legendary Japanese animator Isao Takahata, featuring the voices of Mary Steenburgen, James Caan and Chloë Grace Moretz.

"It's the first film Takahata has made in 14 years," Hemminger says. "So it's definitely the one we have the most buzz about."

Hemminger has also found ways to incorporate elements of GIRAF's early years into the celebration. Among the special guests this year is Montreal-based animator Brandon Blommaert, who started the festival in 2005.

Hemminger says he's also

Giant details

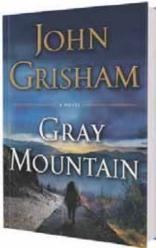
- GIRAF held its first festival in 2005 in the small EM-MEDIA screening room, which held 60 people.
 The festival now attracts 1,200 to 1,500 people.
- For ticket and schedule info, go to giraffest.ca

trying to bring a community feel by hosting a late-night video-game party on Saturday, which will feature vintage game consoles and current indie games played on projectors in the EMMEDIA screening room

"There's been a bit of that spirit that has always stayed with the festival, but this year we decided to put more effort into that side of it," Hemminger says. "We want to make the festival part as important as the film part."

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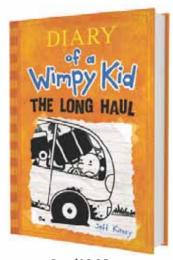
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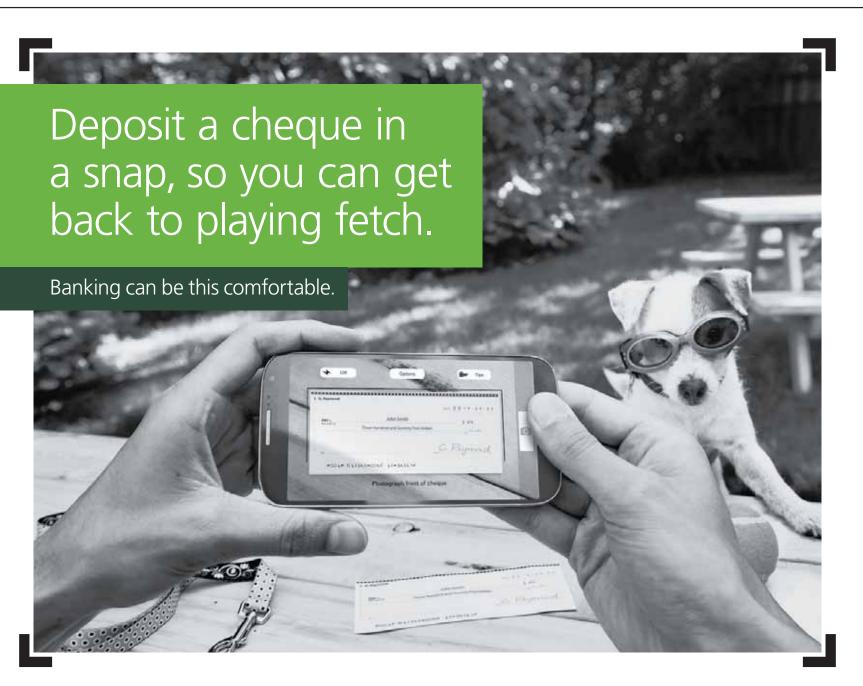
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metr⊕ **CALGARY** metronews.ca Thursday, November 27, 2014

Mission area

Bank robbery prompts closure of several streets

Calgary police brought in an armoured vehicle as they dealt with an "unfolding" bank-robbery situation in the Mission area Wednesday night and blocked off several streets to public access.

Officers were initially called to the vicinity of 4th

Street and 23rd Avenue S.W. at about 5 p.m. and took three people into custody.

Several businesses in the area were evacuated "as safety precaution" but police added that "people outside the immediate area not in danger." As of 7 p.m., officers had blocked all of 4th Street S.W. with their cars and were rerouting traffic away from the area. A group of officers kept watch over the general area around some bars near

the Bank of Montreal where the robbery is believed to have occurred.

Curious onlookers routinely came out of nearby businesses to survey the scene, and police asked everyone to refrain from sharing information on social media.

"For safety reasons, we ask that the public and media at the scene do not live tweet the location of our officers or units," police said in a statement. wetro





TANYA KIM **CORPET WITH TWAS THE Night **CONTROL OF THE CONTROL TD SQUARE O HOLT RENFREW RSVP AT CORESHOPPING.CA ¥ fo ₽

Avalanche victim had safety in mind

Parks Canada analysis.

His skiing group evaluated conditions, but 'tricky' snowpack made reading risk hard

Backcountry skiers involved in a fatal avalanche in March had evaluated snowpack conditions and took proper precautions in descending a slope when one member of the group was caught in a slide, according to a Parks Canada analysis.

Greg Di Valentin, 38, was buried by a large avalanche while skiing in the Helen Shoulder area of Banff National Park on March 15.

Friends described Di Valentin as an avid outdoorsman who had recently developed a passion for backcountry skiing.

"He was a very active outdoor fellow, quite eager to learn and to expand his involvement and knowledge about the outdoors," Rob Omura, past secretary of the Calgary Outdoor Recreation Association, told Metro at the time. "He was constantly trying to improve his understanding of safety issues."

A Parks Canada analysis of the incident found the group of four had dug a snow pit to evaluate the likelihood of a slide before deciding to descend the edge of an ava-

"From a rescue perspective, this team was well-practised and did a good job.... As a result of their efforts, the patient was given the best chance of survival they could have had in those circumstances."

Parks Canada analysis of fatal avalanche

lanche path.

"From their evaluation of the current conditions and snow-pit information, they decided that the area would be safe to travel in and began skiing one at a time," the analysis

Di Valentin descended first but fell partway down the slope, at which time a size-3 avalanche occurred. He was carried about 100 metres and buried under a full metre of snow.

The group managed to locate him with beacons and a probe within 10 minutes, according to Parks Canada, and two group members performed CPR while the third went for help. Di Valentin was taken to a Calgary hospital but later died of his injuries.

ROBSON FLETCHER/METRO



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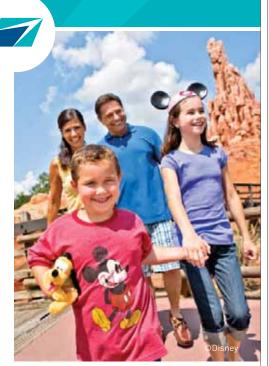
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metr

16 CALGARY

Calgary makers. Moving in on a space of their own

Dreams of a space are coming into focus as makers in Calgary are tinkering with the idea of a place to call home for the growing movement.

Calgary makers have secured some preliminary funding from a corporate sponsor and are planning on moving into a space as a pilot project early next quarter.

The maker movement is a community of tinkerers, artisans or people with doit-yourself attitudes creating things that are interesting, unique and useful from the ground up.

"Our goal is to build a big maker space here in Calgary," said Steven Pilz, a board member with maker Calgary. A versatile space could be used for artists, hobbyists, entrepreneurs, small startups or companies. "We are aiming for a really large space ... and that will take at least a year, or 18 months to get started."

IELEN PIKE/METRO

Bow River. Worker killed while removing bridge

A worker was killed while using heavy equipment to move cement blocks away from the Bow River near Carseland, according to Gleichen RCMP.

"It appears the victim was crushed," Cpl. Pascal Richard said in a release.

Police were called to the work site about three kilometres south of Highway 901 at about 2:30 p.m. on Nov. 24.

Two workers were using heavy equipment to remove

Quoted

"It appears the victim was crushed."

metronews.ca Thursday, November 27, 2014

Cpl. Pascal Richard

a temporary bridge when the incident occurred, according to the Richard, who said an occupational health and safety officer is also investigating.

Carseland is about 65 kilometres southeast of Calgary.

METRO

'No more floor-crossings,' Wildrose leader promises

'We were friends.'Danielle Smith labels Towle former friend

Alberta Wildrose Leader Danielle Smith says that after talking to her team she is confident the caucus hemorrhaging has stopped.

"There will be no more floor-crossings," Smith told reporters Wednesday.

She also said she is not resigning as leader and that the Opposition Wildrose is ready to start anew doing what it does best — holding the Progressive Conservative government's feet to the fire.

"After a couple of days' reflection with my caucus, we are, as you can see, back at it, doing our job holding the government to account," Smith said.

She said she has taken stock with Albertans and with political confidantes in the last few days after two members of her caucus quit to join the governing PCs.

"They recognize that the only reason why the government is making some steps in the right direction is because they're being pushed in that



direction by us," said Smith.

"We've been an incredibly effective Opposition. I'm now on my fourth premier. And we believe that there's still a lot of work to do to hold them to account."

Wednesday was the first day Smith took questions from reporters after her seniors critic, Kerry Towle, and agriculture critic Ian Donovan crossed over to the PCs.

Both said problems within the Wildrose party and the promise of reform under Premier Jim Prentice lured them across the aisle. Towle was a bitter blow.

She had been the Wildrose's dogged and high-profile fighter to fix problems in seniors care and was considered a rising star. She has promised, as a government backbencher, to continue her fight for the disadvantaged.

Smith said that may not be as easy as Towle thinks.

"I think it's a shame that one of the most outspoken advocates for our most vulnerable has now been silenced by sitting on the backbenches in the PC caucus," she said.

She said it was a personal blow, as well. "We were friends, and I say that in the past tense," said Smith.

What is Towle to you now? she was asked. "She's a member of the party across the aisle."

Emotions ran high after the defections. On Tuesday, someone in the Wildrose office sent a picture to Towle of her coffee mug smashed to pieces. "I don't know how (the cup) got smashed, but I know it was incredibly inappropriate to send her the picture. I understand that the staff member feels very regretful," said Smith.

THE CANADIAN PRESS

Suicide of aboriginal teen

Alberta's child advocate calls for changes

Alberta's children's advocate wants social workers to better connect aboriginal kids in government care with their families and It's one of three recommendations made in Del Graff's report examining the suicide of a 15-year-old aboriginal boy.

The teen had tried four

The teen had tried four other times to kill himself before he was found hanging in a playground near his group home in 2012. He was taken to hospital and died two days later.

"He was a young man who struggled to have a sense of belonging," Graff wrote in his report released Wednesday.

Wednesday.
Graff didn't identify
the boy, but gave him the
pseudonym "Tony."

Graff further recommended the government better assess children at risk of suicide and do so on a regular basis, "not just at the time of crisis."

The government also needs to encourage more information sharing between caregivers, Graff said. The gains Tony made in one home may have continued if strategies that worked best for him were passed on, he suggested.

THE CANADIAN PRESS

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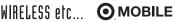
















metronews.ca Thursday, November 27, 2014 metr⊕ **CANADA**

Ghomeshi facing criminal charges

\$100K bail. Former radio host is charged with four counts of sexual assault and one count of overcoming resistance by choking

A sombre Jian Ghomeshi stood silently by his lawyer on Wednesday as she told a large crowd of reporters at a Toronto courthouse that the former CBC Radio host would plead not guilty to multiple counts of sexual assault.

The charges — four counts of sexual assault and one count of overcoming resistance by choking - capped weeks of mounting allegations against the once-popular media personality who could now face up to life in prison if convicted.

"We will address these allegations fully and directly in a courtroom," lawyer Marie Henein said just moments after the 47-year-old former host of the radio program Q was released on \$100,000 bail.

Ghomeshi's lawyer requested a publication ban on the bail hearing, which was granted, meaning the allegations and evidence details at the proceedings could not be reported.

It was the first time Ghomeshi had been seen in public since Oct. 26, when he was fired by the CBC after the broadcaster said it had seen

"graphic evidence" that he had physically injured a

Since then, nine women have come forward with allegations that Ghomeshi sexually or physically assaulted them. Three of the women filed police complaints — which led to the charges laid Wednesday.

Ghomeshi's bail conditions include living with his mother — who was present in court and acted as his surety - no contact with his alleged victims and an agreement to surrender his passport and remain Ghomeshi has admitted in Ontario.

When asked by a judge if he understood the conditions of his release, Ghomeshi clasped his hands in front of him, nodded slightly and said "yes" and "I do."

Ontario's premier said that any development that helped victims feel comfortable coming forward was welcome.

"If we can, as a society, make it easier for people to talk about those experiences and then move to action, then I think that's a very good thing," said Kathleen Wynne.

in a lengthy Facebook post published on the day he was fired that he engaged in "rough sex," but insisted his encounters with women were consensual.

None of the allegations against Ghomeshi have been proven in court. His next court appearance is on Jan. 8. THE CANADIAN PRESS



Police try to clear at path as Jian Ghomeshi makes his way through a mob of media with his lawyer Marie Henein, right, at a Toronto court on Wednesday. The former CBC radio host was granted bail just hours after being charged h multiple counts of sexual assault. NATHAN DENETTE/THE CANADIAN PRESS

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Man charged with wearing military items

A 44-year-old man has been charged after police allege he wore military items and marched with veterans at three different Remembrance Day ceremonies in southern Ontario.

Police say a man was approached by an active member of the Čanadian military on Nov. 9 at a Remembrance Day ceremony in Clarington, east of Oshawa.

It's alleged the suspect was wearing a red beret and military-issued medals and was seen marching with veterans and participating in the laying of wreaths.

Police say the active military member questioned the man about his past service and became suspicious as the medals were not consistent with the time

Investigators say the same suspect was also seen taking part in a Nov. 8 ceremony in the area and a Nov. 11 ceremony in nearby Bow-

Eric Janssens of Clarington, Ont., is charged with unlawfully wearing a military uniform. The Canadian press

Franck Gervais

A similar incident at Remembrance Day ceremonies in Ottawa led to charges against a 32-year-old Quebec man earlier this month.

 Franck Gervais faces charges including personating a public officer, unlawful use of a military uniform and unlawful use of military decorations. He's due in court Dec. 9.

Quebec

Witnesses describe scene durina seniors' home fire

Witnesses to the seniors' fire that killed 32 people in Quebec last January have described a horror-filled night with residents begging to be saved as flames engulfed them.

Conrad Morin was living

on the top floor of the Residence du Havre in L'Isle-Verte when the blaze erupted just after midnight last Jan. 23.

In gripping testimony Wednesday at a coroner's inquest into the fire, the 89-year-old Morin said his first instinct was to save his wife, who lived on a lower floor. But as he rushed into the corridor he was forced back because of thick smoke, while his wife would die in the tragedy.

The former firefighter was able to get out via a door two floors above the ground after ripping off plastic weather-

stripping.

The inquest also saw a video filmed by Nathalie Paquin Tanguay, who was travelling in the area with her family as the fire raged.

Pascal Paquin, one of Paquin Tanguay's brothers, said that by the time he saw a firefighter, "it was already too late." THE CANADIAN PRESS

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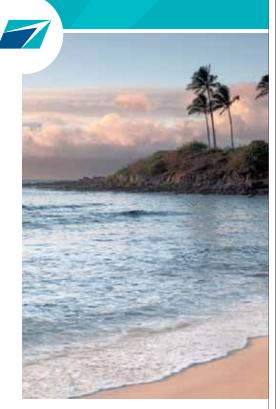
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High Arctic no lasting refuge for polar bears

New study.

If global temperatures increase and Arctic ice melts, polar bears could face starvation

A new study, published Wednesday in an online science journal, says climate change is on track to push polar bears into dire straits throughout the High Arctic region by the end of the century.

Even co-author Andy Derocher, a polar-bear expert at the University of Alberta who is no stranger to gloomy news, was taken aback by the results

"I had hung my hopes on the idea that polar bears would persist out to the end of this century, allowing us to go into some sort of conservation mode," he said.

"But now, looking at this work and this modelling, it does not look very good. I'm not as optimistic as I used to be."

The paper, published in PLOS ONE, uses the latest data to project what would happen to sea ice in the islands northwest of the Gulf of Boothia if global temperatures increased by 3.5 degrees Celsius. Derocher acknowledges that's a "severe" amount of warming, but

Effect of 180 ice-free days

At 180 ice-free days, starvation would likely be able to kill off between nine and 21 per cent of adult male bears, with females and cubs more vulnerable.

• At the same time, the ice

it's a level the planet is on track for if significant measures to curb greenhouse-gas emissions aren't enacted. be icedays, the mean real which

aren't enacted.
Such warming would lead to more and more years in which waters used by specific polar-bear populations would

be ice-free for more than 180 days, the study says. That would mean more and more years in which the bears couldn't use the hunting platform they need to get their fat-rich seals for at least six months.

would be breaking up earlier and forming later, which

would affect how successful

females were in raising their cubs. Early breakup can

cause reproductive failure in

anywhere from half to all of

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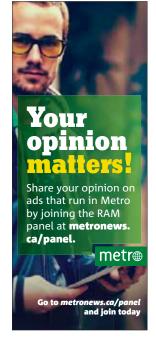
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metronews.ca Thursday, November 27, 2014 metr⊕ **CANADA**

He's prepared. MP wears body camera to guard against 'besmirchment'

A Conservative MP issued a bizarre press release Wednesday claiming he uses a body-worn camera to guard against sexual misconduct allegations.

Peter Goldring, MP for Edmonton-East, suggested such cameras can help elected officials "prevent besmirchment when encounters run awry."

"It will not be good enough to simply say that your intentions were honourable and you were just inviting a colleague to your apartment at two in the morning to play a game Scrabble, Goldring said. must learn, as I have ... that all do

not tell the truth. I now wear 'protection' in the form of body-worn video recording equipment. I suggest others do so too.'

Calls made to Goldring's office were not returned by press time. LUKE SIMCOE/METRO

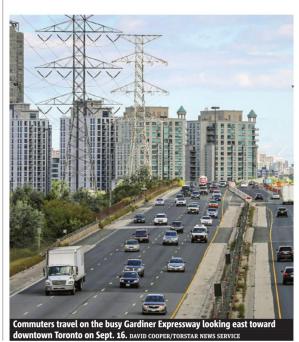
Ukraine

Canada donating cold-weather gear to Ukrainian army

Canada will send the Ukrainian army more than \$22 million worth of cold-weather gear, including jackets and boots, Defence Minister Rob Nicholson said Wednesday.

The donations come from surplus military stocks. The green clothing dates from the late 1990s, a defence official said. The Department of Foreign Affairs will follow up with an additional \$5 million in non-lethal aid in the new year, including a field hospital, tactical radios, nightvision goggles and bomb-disposal equipment, Nicholson said. THE CANADIAN PRESS

Canadians actually like their commute: Study



Time to relax, reflect. Many people say commuting improves

their mood: Report

Canadians actually enjoy their commute and find it relaxing. That's the conclusion of a study released by Toronto ad agency Bensimon Byrne — a finding that runs contrary to the popular vision of commuters as harried and fed up, if not enraged.

"Even more surprisingly, three-quarters of commuters report being in a better mood after their commute," according to the survey conducted for Bensimon Byrne by the

"The results are an eyeopener."

Max Valiquette of Bensimon Byrne

Gandalf Group. "The results are an eye-opener and contradict the prevailing narrative of commuting, which is often conveyed as long and negatively affecting our work-life balance," said Max Valiquette, managing director of strategy at Bensimon Byrne.

'In fact, our findings show that having some time to relax and rest, or a few quiet moments to reflect is what makes commuting so important and desirable.'

The online survey questioned 1,500 people in various regions of Canada, with an oversampling of commuters in the Greater Toronto Area.

Commuters in the GTA were less likely to be in a better mood after their commute (72 per cent) relative to the national average of 77 per cent, the survey found. And 16 per cent of respondents in the GTA dreaded their commute, versus the national average of 11 per cent. THE CANADIAN PRESS

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'Serious breach'

CRA leaked tax info to CBC

The Canada Revenue Agency confirmed late Tuesday that it has accidentally disclosed confidential taxpayer information to the CBC.

The agency said the document was "accidentally released" through human error and acknowledges this "constitutes a serious breach of privacy."

CBC reported that the tax information contains data about hundreds of Canadians — many of them rich and famous — including their home addresses.

The network said the 18 pages of spreadsheet data includes the value of tax credits they were granted covering the years 2008 to 2013.

Donations made by such high-profile Canadians as author Margaret Atwood and pollster Allan Gregg were included. THE CANADIAN PRESS

Budget

PM briefed on potential negative impact of cuts

Prime Minister Stephen Harper was briefed earlier this year on how across-theboard budget cuts hurt public service morale, productivity and citizen satisfaction.

The memorandum
— headlined "Death by a
Thousand Cuts: How govern-

ments undermine their own productivity" — laid out arguments from an Australian, union-funded study that suggests poorly executed austerity undermines trust and confidence in public institutions.

The Conservative government is on track for a budgetary surplus in 2015 after years of belt-tightening. The ongoing austerity measures are supposed to shrink budgets without affecting programs.

THE CANADIAN PRESS

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Protests over pension plan

Quebec. Politicians stay firmly in favour of Bill 3, to the dismay of unionized employees

Provincial and municipal politicians were not backing down despite noisy and disruptive demonstrations that rolled across Quebec Wednesday in a 24-hour protest against proposed pension reforms.

Proposed provincial legislation, known as Bill 3, calls for a 50-50 split between municipalities and unionized workers on pension contributions and deficits.

Firefighters blocked the main access to the Port of Montreal and there were also demonstrations in subway stations.

In Quebec City, municipal employees tried to prevent city buses from leaving a garage. There was also a protest at the site of a new \$400-million amphitheatre that is under construction.

Another demonstration outside Montreal city hall took place as Mayor Denis Coderre presented the 2015 budget.

Mostly peaceful

The province-wide demonstrations, which involved about 25 unions, were generally peaceful. A brick was reportedly thrown through the window of the Montreal-area riding office of Quebec Municipal Affairs Minister Pierre Moreau, who is spearheading the legislation.

Coderre continued to defend the legislation tabled by Premier Philippe Couillard's Liberals, saying it was a necessary measure.

"We have given our support to this bill because we are convinced the solution to the swelling costs of pension plans does not go through taxpayers' pockets ... the solution comes through negotiations with our union partners," Coderre said on Wednesday.

In the past, there were more people working to pay for pension plans, Coderre said.

"Now, more and more, it's the opposite," he added.



during a day of protest against proposed changes to their pension plans

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metronews.ca
Thursday, November 27, 2014

Nigeria

Boko Haram suspected of killing villagers

Suspected Boko Haram gunmen killed at least 20 people in an attack Monday on two villages on the outskirts of Chibok, the town where more than 200 schoolgirls were abducted in April, said a Nigerian official.

Attackers struck Kam-

tahi and Galtimari villages, burning houses and forcing residents to flee, said Muhammed Abbas Gava. "Virtually every house in the two villages was burnt to ash," said Gava.

"The villages were totally razed down as residents fled for their lives, some with injuries."

This is part of a string of attacks in Borno state, including two suicide bombings on Tuesday at a marketplace. THE ASSOCIATED PRESS

Syria

Airstrikes on Islamic State stronghold kill at least 95

The death toll from a series of Syrian government airstrikes on the Islamic State group's stronghold in northeastern Syria has risen to at least 95, making it one of the deadliest attacks on the city of Raqqa in the past

three years, activists said Wednesday.

Some of the Tuesday airstrikes hit a popular market near a museum, causing many civilian casualties. At least 120 others were wounded according to the British-based Syrian Observatory for Human Rights.

The Associated Press could not independently confirm the death toll — one of the worst single-day tolls in the city.

THE ASSOCIATED PRESS

Sierra Leone's Ebola war

Peak may be over.

Government spokesman in Sierra Leone says new treatment centres will reduce cases

The Ebola outbreak in Sierra Leone, which has been surging in recent days, may have reached its peak and could be on the verge of slowing down, Sierra Leone's information minister said Wednesday.

But in a reminder of how serious the situation is in Sierra Leone, the World Health Organization said the country accounted for more than half of the new cases in the hardest-hit countries in the past week.

By contrast, infections appear to be either stabilizing or declining in Guinea and Liberia, where vigorous campaigning for a Senate election this week suggests the disease might be loosening its orin.

In all, 15,935 people have been sickened with Ebola in West Africa and other places Toll

Sierra Leone has nearly 6,600 of the reported Ebola cases, with about 1,400 deaths, and the infections are increasing swiftly.

The World Health Organization said Wednesday both Sierra Leone and Liberia appeared to be far behind the UN goal of isolating 70 per cent of patients by Dec. 1, with only 20 per cent isolated.

it has occasionally popped up. Of those, 5,689 have died.

Alpha Kanu, Sierra Leone's minister of information, told journalists that with the imminent completion of two British-built treatment centres, the worst could be over.

"We believe that now that those treatment centres are ready, the transmission of new cases will start reducing."

Nearly 1,000 British soldiers, scientists and aid workers are already in the country.

THE ASSOCIATED PRESS



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Iranian Jews find acceptance

In this photo, an Iranian Jewish man lights candles at the at the tomb of Harav Oursharga, one of the holiest Jewish sites in Iran, in the city of Yazd, 676 kilometres south of Tehran. More than a thousand people trekked across Iran this past week to visit a shrine in the ancient Persian city, on pilgrimages. EBRAHIM NOROOZI/THE ASSOCIATED PRESS



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metronews.ca Thursday, November 27, 2014

Fear of genetic discrimination swaying patients from testing

When reporter Jessica Smith Cross learned a Silicon Valley genetics testing service, 23 and me, is now offering Canadians a \$199 mail-in test, she was curious: How much could she learn from her DNA and how much should she learn? Today, Smith Cross looks into genetic discrimination and finds it's very real in Canada.

It's all in your genes

- → This is the second in a three-part series in which reporter Jessica Smith Cross — who took 23 andme's new mail-in genetic spit test — delves into the implications of increasingly easy testing in the complicated legal and ethical Canadian landscape.
- → Tomorrow: Smith Cross on her results and whether or not to learn if she is predisposed to Alzheimer's.
- → Read the whole package at metronews.ca



Dr. Ronald Cohn has a problem: His 12-year-old patient has one of two genetic diseases. One is treatable with medication, while the other requires constant monitoring and possible surgery to prevent sudden, early death. The question is: Which one does she have?

She and her father show symptoms — including extremely bendable joints and an enlarged heart vessel — consistent with the more easily treatable condition (Marfan syndrome), but also consistent with Loeys-Dietz, the potentially fatal disease.

Dr. Cohn has recommended the girl — or her father — undergo a painless genetic test, easily done using saliva. As both diseases are inherited, if the father has the genetic mutation causing Loeys-Dietz, the daughter would likely have it, too.

But her parents refused to consent to the test, fearing it would open the father and daughter to genetic discrimination.

"The father was very quick to understand, "Well, if I do this and I don't have life insurance and long-term disability insurance at the moment, I won't be able to get it if I have the disease," Cohn, the co-director of the Centre for Genetic Medicine at the Hospital for Sick Children in Toronto, told me.

Cohn said he has been



treating the girl under the assumption she has Loeys-Dietz. The child comes to the

Dietz. The child comes to the hospital regularly for ultrasounds of her heart and management of a disease she may not have.

"She may not have to live

"She may not have to live with this," he said. "(If the test came out negative) the family wouldn't have to live with the anxiety that she has

a very aggressive form of a heart disease."

Cohn is one of the proponents of the proposed Genetic Non-Discrimination Act to prevent genetic discrimination (for example, in employment or insurance coverage). The bill is currently before the Standing Senate Committee on Human Rights. Cohn testified before the commit-

tee last month that fear of genetic discrimination has stopped many of his patients' parents from allowing genetic testing that could help their children and prevent unnecessary procedures.

Genetic discrimination is real

Brynne Stainsby has experi-

On the benefits of genetic testing



"She (a 12-year-old patient) may not have to live with this ... the family wouldn't have to live with the anxiety that she has a very aggressive form of a heart disease."

Dr. Ronald Cohn, co-director of the Centre for Genetic Medicine at the Hospital for Sick Children in Toronto

Senator's bill

- A spokesperson for Minister of Justice Peter McKay said the government will continue to review Sen. James Cowan's bill to ban genetic discrimination.
- He will also encourage the provinces to take steps to protect Canadians from genetic discrimination, as most workplaces fall under provincial labour law.

enced first-hand how genetic discrimination can change a

Stainsby knew she had a 50-50 chance of having the gene that causes Huntington's disease, a neurodegenerative disorder.

As a student, she wanted to get tested but feared that should she find she had the gene, she would be denied insurance coverage — needed by law for her chosen profession of chiropractor.

But when Stainsby looked into disability and life insurance she was shocked to learn that she would be rejected by Canada's big insurers, unless she confirmed she did not have the gene.

"I was furious," she said.
"You can't be discriminated against based on your gender, you can't be discriminated against based on your race. But it's reasonable you can be discriminated against based on your genes? Something you have literally no control over?"

Her father has the gene that causes Huntington's disease, but to this day exhibits no symptoms. Each case is different, depending on the gene's mutation. Since her father worked his entire career and retired healthy, it's likely she would, too, if found to have the gene.

She was able to get a policy with small coverage through an independent insurer — as she only had to tell them that she had no knowledge of personal health issues. They did not ask about family genetic history.

After getting the policy, she felt confident getting tested and found she does not carry the gene. She was then able to get a larger policy.

The insurance industry's stance

The insurance industry generally opposes the Genetic Non-Discrimination Act. Frank Zinatelli, vice-president and counsel for the Canadian Life and Health Insurance Association, said the industry has real concerns about the bill.

The industry fears people will take a genetic test, learn their life expectancy is short and then take out a policy and withhold that information, Zinatelli said. If this becomes a trend, the industry would have to raise insurance premiums across the board.

However, Canada's privacy commissioner's office disagrees. It commissioned research that found that a ban on the use of genetic test results by the life and health insurance industry would not have a significant impact on insurers or insurance markets. Similar legislation — the Genetic Information Nondiscrimination Act (GINA) — is currently in place in the U.S.

However, Zinatelli argues that while genetic information is only used to a small degree today by both the industry and consumers, the industry expects it to be used more so in the future.



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metronews.ca Thursday, November 27, 2014 metr⊕ **CANADA**

dence. And he did it at night, as a city already on edge waited to learn if a grand jury would indict a white Ferguson police officer in the shooting death of an unarmed black 18-year-old.

St. Louis County Pros-Bob McCulloch whose impartiality has been questioned since soon after Michael Brown was killed by Officer Darren Wilson on Aug. 9 - has come under



McCulloch the associated press

grand jury would not indict Wilson. A defensive McCulloch repeatedly cited what he said were inconsistencies and erroneous witness accounts. He never mentioned that Brown was unarmed.

for Brown's Attorneys family and activists said Tuesday that everything from how evidence was presented to the grand jury to the way McCulloch delivered the news of its decision bolstered their belief that the outcome was predetermined by McCulloch, who has deep family roots and relationships with police.

"This grand jury decision, we feel, is a reflection of the sentiment of those that presented the evidence," Anthony Gray, an attorney for Brown's family, said at a news conference.

Activists and Brown family attorneys had asked McCulloch — whose father, a police officer, was killed while responding to a call involving a black suspect to appoint a special prosecu-TOT. THE ASSOCIATED PRESS

Bob McCulloch. Prosecutor faces renewed criticism He criticized the media. He talked about witness testimony that didn't match physical evidence. And be did it at night. Tenewed scrutiny since he appeared before television cameras to announce that the grand jury would not indict the media. Tenewed scrutiny since he appeared before television cameras to announce that the grand jury would not indict the media. Tenewed scrutiny since he appeared before television cameras to announce that the grand jury would not indict.



Hopes for return to normalcy. Wilson breaks long public silence

Business owners and residents boarded up windows and cleared away debris Wednesday as Ferguson sought a tentative return to normal after two nights of unrest over a grand jury decision's not to indict a police officer in the shooting death of an unarmed black 18-year-old.

continued to Protesters hold scattered demonstrations, including a group that rushed into city hall in St. Louis, the city neighbouring Ferguson, screaming "Shame, shame." Police locked down the building and called in more than a hundred extra officers. Three people were arrested.

About 200 demonstrators marched through downtown St. Louis and held a mock trial

of Darren Wilson, the white police officer who shot and killed Michael Brown during an Aug. 9 struggle.

The racially charged case has stoked passions nationwide, triggering debates over relationship between black communities and law enforcement. Since the grand jury's decision was announced Monday night, protesters in cities throughout the country have rallied behind the refrain "hands up, don't shoot," and drawn attention to other police killings.

As the tension in Ferguson eased somewhat, Wilson broke his long public silence, insisting on national television that he could not have done anything differently in the Aug. 9 confrontation. The officer testified during the grand jury hearings that he felt threatened and that Brown tried to grab his gun, something the Brown family has said they don't believe.

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WORLD

31

Russian tiger hits up Chinese farm

Ustin. The Siberian tiger, released into the wild by Putin, has killed 15 goats and left another three missing

A rare Siberian tiger released into the wild by Russian President Vladimir Putin is keeping farmers in northeastern China on edge.

China's official Xinhua News Agency said Wednesday that the animal, named Ustin, bit and killed 15 goats and left another three missing on Sunday and Monday on a farm in Heilongjiang province's Fuyuan county.

Xinhua said the farm's owner, Guo Yulin, was stressed about the tiger, but that he would be compensated by the local forestry department for the loss of the 18 goats.

Quoted

"When I opened the goat house in the morning, dead goats were everywhere."

Guo Yulin, Chinese farmer whose farm was attacked by a tiger

According to Xinhua, Russian experts rescued five tiger cubs two years ago. Ustin was one of three released by Putin in May in a remote part of the Amur region, which straddles the border between far-eastern Russia and northeastern China.

Two of the tigers entered China. They were fitted with tracking devices and are monitored by Chinese wildlife protection workers.

The other tiger to enter China, Kuzya, was believed to have raided a farm and eaten five chickens last month in another Heilong-

Guo told Xinhua that he was alerted by dog barks on Sunday night, but that his check turned up nothing unusual. He said he woke up the next morning to find two goats dead and three others missing.

Xinhua said the goats' skulls were crushed by the tiger and that a hole the size of a human finger was visible on each goat's head.

The farmer said the tiger returned the following night but made no noise at all.

"When I opened the goat house in the morning, dead goats were everywhere," Guo said, according to Xinhua.

Local experts found the tiger's footprints around the goat house and on its roof, Xinhua reported. Guo was asked to either relocate his goats or reinforce his farm, it said

THE ASSOCIATED PRESS



A white cub? Is that true or are you lion?

In this photo provided on Wednesday by the Henry Doorly Zoo and Aquarium, a white male cub nurses at the Omaha, Neb., zoo. Zoo officials say the cub is one of three — two boys and one girl — born late last week to Ahadi. one of the zoo's lionesses. HENRY DOORLY ZOO AND AQUARIUM/THE ASSOCIATED PRESS

Shakespeare's first folio discovered by accident

The accidental discovery in a small library in northern France of an original first folio of Shakespeare's plays has sent a jolt of excitement around the world of Shakespeare scholars.

The find brings the total of known folios in the world to 233, and is significant, as each first folio can contain variations that shed light on the bard's

intentions

Among the 900 pages of the most recent discovery are rare annotations that suggest it was used for performance.

The annotations "might tell us something about Shakespeare's reception at the time, how they were thought of as text for performance," said Stanley Wells, honorary president of the Shakespeare Birthplace Trust.

Scholars have not yet had a chance to carry out the painstaking comparisons with the texts of other folios to determine what variations the latest discovery may contain.

Remy Cordonnier, the director of the Saint-Omer library's medieval and early modern

collection, happened upon the folio among the belongings of a Jesuit evangelist that were bequeathed from a now-defunct Jesuit college in the town.

"I first tried to keep a level head as I wasn't sure 100 per cent of its authenticity," Cordonnier said.

Missing were 12 title pages, which record the printing date

and location. So Cordonnier sought the help of Eric Rasmussen, a Nevada-based specialist in Shakespeare first folios, who travelled to the small town near Calais to examine it.

Rasmussen concluded that it was among about 750 Shakespeare first folios printed in 1623, seven years after the playwright died. THE ASSOCIATED PRESS





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Thursday, November 27, 2014

Overhaul our tax system, report says

C.D. Howe Institute.

A revamp of Canada's system would create fairness, argues paper's author

A new research paper for the C.D. Howe Institute says Canada can help combat rising income inequality by taxing people separately for their paycheque and investment income.

The paper's author says applying a flat rate on investment income would create fairness by closing legal, taxation-

avoiding tactics — mostly used by higher-income earners.

Kevin Milligan of the University of British Columbia also recommends adding a tax bracket for annual incomes of \$250,000 and perhaps another one at \$400,000.

Milligan says the changes could open the door to other reforms on consumption taxes, environmental taxes and corporate taxes — which could help promote economic growth.

He says Canada's incomeinequality gap has widened considerably over the past 30 years, even though it hasn't kept pace with the divide in the United States.

Quoted

"We need to look seriously at a number of tax reforms that would improve the efficiency of our economy and provide a better environment for investment to provide the jobs for the future."

Kevin Milligan, a fellow-in-residence for the C.D. Howe think-tank, in an interview

Rich get richer

150%

The paper's author says over the past 30 years Canadians in the top 0.01 per cent of earners have seen their incomes rise by 150 per cent, while those in the bottom 90 per cent have only seen eight per cent growth

Still, he says over that period Canadians in the top 0.01 per cent of earners have seen their incomes rise by 150 per cent, while those in the bottom 90 per cent have only seen eight per cent growth.

Canada's tax system, Milligan added, was developed in the 1960s and no longer fits today's economic reality.

"What's interesting is our tax system hasn't responded at all to that very large change in the distribution of income," said Milligan, also a fellow-in-residence for the C.D. Howe think-tank, in an interview.

THE CANADIAN PRESS



Thanksgiving in England

Danny Lidgate displays a turkey at his butcher shop in Holland Park in London on Tuesday. Plump turkeys in butcher-shop windows. Harvest displays of pumpkin and corn. Sandwich boards describing groaning feasts. Thanksgiving isn't a holiday in Britain, but you might be forgiven for being fooled. It's not hard to find someone to talk turkey, never mind sell you one. That's because there are so many Americans in Britain these days that dozens of businesses have started selling the goods they need to celebrate. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Had forecast a loss

Canada Post on track for profit

Despite more people still choosing email over snail mail, the Canada Post Group of Companies says it's on track to earn a profit this year, defying an earlier forecast for a multimilliondollar loss.

The Crown corporation said it earned \$84 million before tax for the first three quarters of the year, driven by its parcels business and higher stamp prices.

THE CANADIAN PRESS

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FAMILY FUN GUIDE BY STEVEN CURSON

Where to go, what to do and how to get there. Here are this week's activity listings

CELEBRATE RBC SPORTS DAY

Saturday, Nov. 29 is RBC Sports Day in Canada, a national celebration of sport in communities from coast to coast, presented in partnership with ParticipAC-TION, CBC and True Sport. Several events will be taking place in the Calgary area including the following:

• Strides Running Store will hold a charitable running event. Attendees will be invited to participate in a one-mile run around Marda Loop and Garrison, followed by a tailgate party in front of Strides with contests and prizes. For every participant who completes the run, Strides will donate \$1 to the

• The Talisman Centre is inviting the community to come out

Calgary Food Bank.



and get active with a variety of activities, including swimming,

group fitness classes, drop-in basketball and badminton. Non-members can take advantage of a special RBC Sports Day in Canada promotion of 50 per cent off the drop-in rate and members can bring a

friend for free. Learn more at sportsday.cbc.ca.



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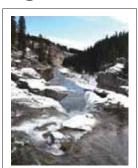
LEARN TO SKI

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Beltline home gets a stunning holiday makeover. On weekends there's music, crafts, and a Victorian Santa. Activities included in admission. Nov. 28 – Dec. 21. Call 403-244-6333 or visit lougheedhouse.com



FALL FOR THE FALLS IN K-COUNTRY

Kananaskis Country's Elbow Falls are even more impressive in winter. The viewpoint trails are A-OK. Stop in Bragg Creek for lunch or a hot chocolate. Free. Call 403-949-3132 or visit albertaparks.ca for more.



"Someday I'd like to play on Team Canada." - Madison, age 8

Every kid has a someday. It may be something fantastical like flying to the moon, something practical like following their dad into construction or something we all can relate to like wanting to be surrounded by love. No matter what it is, we want to give them the support they need to get there. That's why we're pledging \$100 million over five years to help over a million children do just that. Let's make every kid's someday™ happen.







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Thursday, November 27, 2014

VOICES

IT'S NOT ABOUT GHOMESHI

Metro's Kristen Thompson wishes we weren't talking about the disgraced radio host facing criminal charges, either. But to not talk about it is to ignore the countless victims of sexual assault that need us to keep the conversation going



Let me inundate you with more Jian Ghomeshi analysis, because I think it's important. In fact, I think it's a matter of life and death. Before you turn the page, hear me out.

Ghomeshi has been charged and the case is in the courts, but this isn't the time to turn our backs on the story.

If we do so, it will end an important dialogue about sexual violence, and that puts women in danger.

Dalya Israel, manager of victims services at Women Against Violence Against Women, a rape crisis centre in Vancouver, agrees.

High-profile cases of sexual assault are an opportunity to talk about what constitutes consent, and to educate men and boys about what it means to value another human being as equal, Israel said. Because of this, it's imperative to keep the discourse going.

For the women who have accused Ghomeshi of assault — especially those who may have to testify — these charges also signal the start of



another chapter, one that can be hugely painful.

Victims of sex assault, who may have already told their story to police and their lawyer, may also have to testify at a preliminary inquiry and then in court, re-living their experience over and over

for what could be months or years

With women's sexuality already being highly scrutinized in our society, having it analyzed and questioned in court, and — in high-profile cases — in the media, is humiliating and degrading,

said Israel.

"It's incredibly difficult to have to re-tell and talk about all of the fine details," she

Fear of humiliation and being re-victimized through the legal process is why Israel said around 70 per cent of women she works with don't want to go to police. Some general statistics would place that number even higher, at around 90 per cent.

These people often face depression and thoughts of suicide.

"There are many, many

Not everyone wants to report

"There are many, many women that absolutely don't want to go through the process."

Dalya Israel, rape crisis centre manager

women that absolutely don't want to go through the process and feel like it would be way worse than just healing from the assault." she said. "But there are equally women that ... want to be able to tell their truth in court and want somebody to know what this person has done to them.

"I think we've kind of seen that with ... what's going on in the Cosby case," she said.

Israel said it can be validating for some women to know others have come forward.

"Some women feel like finally (they) don't have to keep a secret anymore."

So if you're sick of hearing about Ghomeshi, stop and think about why we're being oversaturated with this story.

It's not about Ghomeshi; it's about sexual violence.

And if we close the door on this story, we close the door on victims of assault.

Watershed moment won't come, but change is happening



EDWARD KEENAN readers@metronews.ca

We believe you. We believe you. We believe you.

It's a message that has grown into a mantra in the court of public opinion over the past month, expressed in sadness and anger, in support of the women who have spoken about being allegedly sexually and physically abused by Jian Ghomeshi.

At the same time, it has suddenly become the message to women, ignored for years when they talked about being drugged and raped by Bill Cosby.

It was the message Justin

Trudeau seemed to want to convey in expelling two members of his caucus over reports from women who are members of a different party.

Yesterday the police delivered the same message to three of the women who formally reported their stories about Ghomeshi:

We believe you.

The stories of these women have seized the consciousness of the moment. It seems possible to imagine that perhaps the same message will carry to every woman who is raped, assaulted, or harassed; to every victim of sexual abuse with a story she's been afraid to tell: We will believe you.

Or perhaps it has just be-

Progress

It feels like a crack has opened up in the understanding of many people. Including me.

come possible for many to allow themselves to hope for it.

My friend Denise Balkissoon wrote a column last month for the Globe and Mail that read like a rhetorical flamethrower incinerating any sanctimonious talk of "watershed moments" or cultural breakthroughs when it comes to violence against women.

She had reported domestic abuse to the police, saw the perpetrator sentenced to pro-

bation, and found the reporting process "essentially useless and thoroughly disappointing."

I hear and understand Denise. More than that, I believe her that we should resist the impulse to congratulate ourselves on reaching the promised land of wisdom and sensitivity. It's not a watershed.

But it is something. Something is shifting. It feels real.

There's a conversation go-

ing on, one that feels like progress.

It's not enough, and it will not suddenly and permanently transform the culture. But it feels like a crack has opened up in the understanding of many people. Including me.

As a man, a father, a citizen, a human being, I hope it is the start of something sustained, a longer process to better understanding, better treatment of each other, better lives.

There likely is no "watershed moment" to be had, because such societal changes are a gradual process.

But this month, leading up to the arrest of Ghomeshi this week, marks some kind of milestone in that process in Toronto and in Canada.

A time when many women started feeling more comfortable—or more compelled by anger—to talk about their experiences.

And when many of us were shocked into hearing them when we had been negligently deaf for years.

Here's a prayer offered in hope rather than expectation: Let "we believe you" become our response to any woman who tells us about how she has been but

And then let us make real changes to our attitudes, behaviour and institutions so that fewer women have such stories to tell.



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It's lonely being out at the game

Memoir. Robbie Rogers shares what it's like to be an openly gay pro athlete in the U.S.

Los Angeles Galaxy soccer star Robbie Rogers wants some company, now that he's the last man standing as an openly gay athlete in a U.S. professional league.

Jason Collins recently retired from the NBA, and Michael Sam is without an NFL team. That leaves Rogers, the first openly gay player in Major League Soccer, hoping for a bigger fraternity.

"To be honest, I thought when I came out and Jason and Michael, I thought there'd be a chain reaction," Rogers said in a recent phone interview. "It's been a lot slower. I guess that just reminds me how big a problem it is in sports culture with homophobia. They don't feel comfortable."

Rogers chronicles struggles with soccer, faith and family acceptance in the memoir Coming Out To Play, released this week by Penguin Books. It's a collaborative effort with Eric Marcus, who co-wrote Greg Louganis' book, and recollections from his mother and oldest sister. Rogers discusses growing up in Southern California, playing soccer in U.S. and European leagues and dealing with his sexuality.

On Sunday, he helped the Galaxy defeat Seattle 1-0 in the opener of the Western Conference finals. He's been a key defender this season after briefly retiring from the sport last year

Rogers recently signed a contract extension, and the Galaxy players have embraced him. But locker rooms notoriously weren't a safe environment to talk about sexuality,



Robbie Rogers simultaneously came out and retired from pro soccer in a blog post in February 2013, thinking he couldn't be an openly gay man and pro soccer player. He has since returned to playing soccer. GETTY IMAGES

except for teammates bragging about their heterosexual con-

"Like every locker room I'd been in for years now, 'fag' and 'gay' were tossed around like an all-purpose putdown," he wrote. "It cut deeper into an already raw wound.

So Rogers stifled his feelings, occasionally dating women to please his questioning teammates and family. After playing five seasons for the Columbus Crew in MLS, with stints in the Netherlands and England, he realized his happiness required living an authentic life. So he simultaneously came out and retired in a blog post in February 2013, thinking he couldn't be an openly gay man and a pro Early years

Rogers was a prodigy growing up, playing organized soccer at four. As a teenager, he competed on the Orange County Blue Star team. Jurgen Klinsmann, now the coach of the U.S. national team, would occasionally stop by. His favourite players were European stars Thierry Henry and Zinedine Zidane. After helping Maryland win the 2005 NCAA title as a freshman, Rogers turned pro and went to the Netherlands. Playing for Leeds United in 2012, he sustained a concussion 12 minutes into his debut, colliding with an opponent while going for a header. An ankle injury intensified his depression and isolation, and he eventually returned to the U.S.

soccer player.

But an outpouring of support, conversations with Los Angeles star Landon Donovan and an invitation from Galaxy coach Bruce Arena to train with the team caused a change of

Now the Galaxy are vying for a spot in the MLS final, Rogers is in a steady relationship and hoping more pro sports leagues provide education about diversity. That way, a teammate might think twice before throwing around gay slurs in the locker room.

Comfort zone

There are currently no openly gay players in the NFL, NHL or Major League Baseball. "There are a number of gay men playing professional sports, just not out," Rogers says. "In the end, it's really about guys coming out and changing the atmosphere by being in it. You definitely need to create the environment first where guys feel comfortable."

Baseball hired Billy Bean, who came out after his MLB career, to talk to all 30 teams about inclusion. Rogers says teams need to educate players on "racism, sexism and homophobia. The leagues should have a person there guys can go talk to, honestly. Talk about mental health or depression or guys wanting to come out."

Family/faith

Rogers heard negative comments about gay people at home, church, school and in the locker room. He considers his family "socially and politically conservative and very Catholic." Rogers says his family is loving and close, yet there were harsh comments from his father about not being a "fairy" and negative comments from his mother about gay celebrities and gay marriage.

'Growing up, I heard and saw plenty that made me think that being gay was bad, defective and sinful," Rogers wrote.

He came out to his family, despite the fear of rejection, before posting his blog. Now he says his parents, three sisters and younger brother are his biggest supporters.

THE ASSOCIATED PRESS



A SALE TOO BIG FOR JUST FRIDAY.

BLACK THURSDAY

3 DAYS LEFT. ENDS SATURDAY.







From sexy science to Parisian fantasies

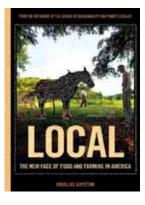
Books. The best food books of 2014 are all about cooking with exotic ingredients and trendy world cuisine

Geeks, grains and globe-trotting: Nearly all of this year's best food books seems to fall into one of those categories.

For those of us who watch the food world, there is some logic to that. Chefs have become fascinated by the hows and whys of cooking, delving into the science of the kitchen to find new ways to master delicious. Publishers are finally learning how to make food science sexy to the home cook.

Meanwhile, we're always searching for the new "it" food. Wacky grains got their moment this year. And since ethnic is mainstream, cookbooks that help us grasp global cuisine hit a splendid pace.

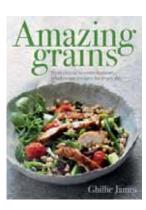
So whether you're in the market for a gift or just looking to bulk up your own collection, here are some picks for the best food books of 2014:



The geeks

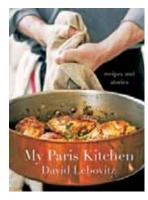
Most cookbooks dedicated to cooking science miss the mark, assuming readers are either would-be lab jockeys hankering for esoteric ingredients or obsessives who will not rest till they master roasted chicken. That leaves the rest of us scratching our heads.

But Cooking Light magazine columnist Keith Schroeder understands average cooks can benefit from food science, too. His cookbook, Mad Delicious: The Science of Making Healthy Food Taste Amazing



(Oxmoor House, \$35), gently and comically guides readers through 126 everyday classics, explaining what to do and why. And his recipe format is genius. Each ingredient is accompanied by a brief explanation of its role in the recipe. The result: You learn just by assembling your shopping list.

On the hardcore end of the spectrum is Tyler Florence's Inside the Test Kitchen (Clarkson Potter, \$35). He blows up conventional thinking on classic recipes, coming up with creative ways to do the basics

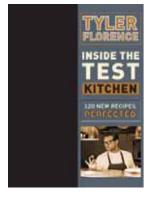


better. His egg-roll omelette alone is worth the price.

The grains

If brown rice and barley still count as exotic in your kitchen, it's time to catch up. Running parallel to vegetables getting sexy, unusual grains, seeds and legumes are suddenly hot, and more available. But most folks find them intimidating.

It's not enough for cookbooks to explain how to use unusual ingredients. They need to inspire you to want to.



And that's why Molly Brown's Grains (Hardie Grant Books, \$34.95) and Ghillie James' Amazing Grains (Kyle Books, \$29.95) stand out. Both build comfort with the unfamiliar, as well as making you eager to get in the kitchen.

The globe-trotters

As the world gets smaller, our culinary reach broadens. Numerous wonderful books want to help us make sense of it all.

For the big picture, we have David Joachim's Global Kitchen (Oxmoor House, \$29.95),

another entry under the Cooking Light banner. It is simply a gorgeous book that immediately captures the beauty and breadth of world cuisine. The recipes make it enticing to embrace new dishes.

For anyone hankering for a Parisian fantasy, start with David Lebovitz's My Paris Kitchen. A blogger and author who moved from the U.S. to Paris a decade ago. He makes French cooking accessible. England's Nigel Slater of

England's Nigel Slater offers up Eat (Ten Speed Press, \$27.99), a collection of 600 straightforward dinner ideas that are global in scope, but midweek-friendly in manner. This book, organized by cooking method, should live on your counter.

Finally, global in thought, if not in geography, is Douglas Gayeton's Local: The New Face of Food and Farming in America (Harper Design, \$35). This stunning book tells the story of sustainable food via profiles of dozens of thinkers, growers and producers. Anyone who cares about food will care about this book.

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HUDSON'S BAY

TOPMAN

Author looks beyond Sister Act

Books. From running colleges to hospitals, nuns were the first feminists, says author who researched them

LAKSHMI GANDHI

Since the release of If Nuns Ruled the World: Ten Sisters on a Mission this fall, author Jo Piazza says she's received a new note from a different Catholic nun nearly every time she checks her email.

"It's a lot of 'Thank you for telling this story that hasn't been told yet. Thank you for acknowledging us," says Piazza, whose book was recently featured at a literary salon hosted by the New York Foundling and author Aidan Donnelley Rowley. "And that's the part that sort of breaks my heart."

The author says that travelling with, and getting to know, each of the 10 sisters she profiles in the book taught her just how misunderstood and stereotyped nuns were, by both the Catholic community and the general population.

"Îm a very healthy and open-minded agnostic," says Piazza, who attended Catholic schools growing up. "I think I love the nuns so much because they don't wear their religion on their sleeves, they just practise it."

Piazza shared some of the other things she learned while writing the book.

Nuns are not meek

When you think of a Catholic nun, you probably don't picture a woman who volunteers as an abortion clinic escort or a woman in jail for protesting against nuclear weapons.

Colbert and baseball

Nuns love a certain Comedy Central star, confirms Jo Piazza, author of If Nuns Ruled the World: Ten Sisters on a Mission. "Nuns love Stephen Colbert," she dishes, which should be no surprise, since the late-night host is well-known for





BOOKS

After getting to know the 10 sisters she profiles in her book, author Jo Piazza says nuns are misunderstood and unfairly stereotyped by society. ISTOCK

Quote

"It's mostly men that say (they were hit with rulers in class). And then I just say, 'Did you deserve it? You probably were a little jerk, weren't you?""

Author Jo Piazza

But those are just two examples of the women Piazza met with while writing her book. "These are the women who are the very first feminists," says Piazza. "They were

running colleges, they were running hospitals. They have amazing careers."

Nuns are not just teachers

Piazza says she hears all the time from former Catholic school students who complain about the times they were hit with rulers in class by nuns.

"It's mostly men that say that, too. And then I just say, 'Did you deserve it? You probably were a little jerk, weren't you?" she says. "That's one of the myths about nuns that people like to say. And it's not true; it's a stereotype. All of the nuns I know are just loving, dynamic women."



metronews.ca Thursday, November 27, 2014 metr⊕ **BOOKS**

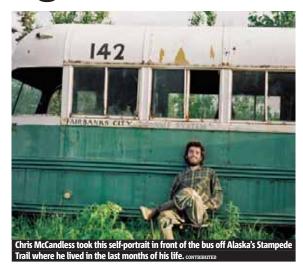
Exploring the darkness behind Into the Wild

Books. Sister of Chris McCandless hopes new revelations about their upbringing will help explain her brother's fatal Alaskan odyssey

JENNIFER PRITTIE

It's hard to find someone who doesn't have an opinion about Chris McCandless. You likely already know the bare bones of his story: Young hiker walks into the Alaskan wilderness with a .22-calibre rifle and a 10-pound bag of rice, determined to live off the land, test his own mettle and come to grips with some weighty questions. Several months later, his emaciated body is found by hunters in an abandoned bus, along with a diary of his increasingly futile efforts to

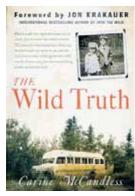
What would drive anyone to take such a risk? Author Jon Krakauer did his best to answer that in a high-profile article for



Outside magazine, then in the highly regarded 1996 book Into

Chris, it transpired, was a top student and athlete from a well-off Washington, D.C.area family who was poised for success, but instead chose to renounce material goods, a career and, at times, society. Upon graduating from university, he had donated his savings to charity, burned his cash and set out on the road. His family didn't hear from him again.

The book was even-handed, but it provoked a staggeringly wide range of interpretation. To this day, Mc-Candless debates still run at fever pitch online. As Krakauer writes in the introduction to The Wild Truth, a new memoir by Chris's younger sister



Carine, "A lot of people came away from reading Into the Wild without grasping why Chris did what he did. Lacking explicit facts, they concluded that he was merely self-absorbed, unforgivably cruel to his parents, mentally ill, suicidal and/or witless."

The piece of the story that was missing, Carine now explains, is that she and Chris grew up in a home rife with domestic and emotional abuse, all while being forced by their parents to maintain the facade of a harmonious Christian family. "I would definitely say that the

"I just want people to have the facts. If it doesn't change their opinion about Chris. that's OK."

Carine McCandless, on the revelations in her memoir The Wild Truth

psychological things that we went through were more devastating than the physical things, she says in an interview. "Much more so. Those are the things that drove Chris out.

She says she told Krakauer all this while he was researching his book, so he would better understand her brother, but made him promise to keep the details out of print. "I really wanted to spare my parents, because I really felt that they would learn - obviously, I expected them to learn from Chris's death, because I couldn't imagine how they could not.'

They didn't learn, by her account, and instead maintained their position that the family life had been fine — one reason that Carine became more open about their upbringing over the years, she says. By the time of the 2007 film adaptation by Sean Penn, she, too, had essentially cut off contact with her

But her main motivation in going public has to do with the students she's met since Into the Wild was published. The book is required reading at many U.S. schools, and in going to speak at those schools, she found that students and teachers reacted differently when they knew the backstory. She realized being open about the abuse was helping others in the same situation.

Given that, maybe it's petty to wonder whether the new revelations could ever change the shape of the battle over Chris's legacy. "I just want people to have the facts. If it doesn't change their opinion about Chris, that's OK," she says. "The greatest inspiration and the greatest lessons come from truth, so I want that truth to be out there.'

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metronews.ca Thursday, November 27, 2014 **SCENE**



Music. Prince vanishes from social media sites

Prince, whose distaste for the music industry's conventions is well known, has abruptly disappeared from social media after tentative efforts to promote his two new albums.

The star's Twitter and Facebook accounts have both disappeared and almost all videos from his official account had been taken off YouTube. He offered no explanation.

But his two latest albums, which he released in September, remained on the streaming service Spotify.

The move puts Prince at odds with most musicians, who consider social media a

virtual obligation to fans.

Several stars — most famously Taylor Swift - have criticized Spotify, accusing it of insufficient payouts to artists, but have invested sustained energy in Facebook, Twitter and YouTube.

Prince used social media to promote the latest two albums but had barely disguised his lack of enthusiasm. He advertised a Facebook questionand-answer session after he joined the site but, after hours of queries, he responded to just one — an esoteric matter about audio tuning - by offering a link to an article. AFP

Movies. MacLaren will

The director known for her work on Game of Thrones, Breaking Bad, The Walking Dead and The Leftovers has signed on to direct the first movie dedicated to the iconic DC superhero Wonder

Michelle MacLaren was reportedly in talks with Warner for months but her involvement was just made official.

Wonder Woman movie will likely be the first in a trilogy, starting out in the 1920s on the character's Amazonian island. The following instalment is set to take place in the 1930s and '40s during the Second World War, with the last film seeing her join the Justice League alongside Batman, Aquaman and Superman.

The anticipation will build in the meantime, as Gal Gadot is set to make her debut as Wonder Woman in the 2016 movie Batman v Superman: Dawn of Justice, before starring in other Justice League projects.



Wonder Woman is to start filming by the end of 2015. The movie is slated for release in 2017, one year after Batman v Superman. AFP

Movies

Ridley Scott won't direct **Blade Runner 2**

Although Ridley Scott is still producing the sequel to his 1982 Blade Runner film and working on the script, someone else will direct it, he tells Variety.

Busy with Prometheus, The Martian, his Ebolathemed TV project and

his production activities, Scott had to make a choice.

He also confirmed that Harrison Ford will once again take the role of Rick Deckard, although he won't lead the cast.

Since the film will follow a three-act storyline, the filmmaker explained: "Harrison is very much part of this one, but really it's about finding him; he comes in in the third

Film

Birdman tops **Independent** Spirit nominees

Surreal theatre drama Birdman starring Michael Keaton topped nominations for the Independent Spirit movie awards announced Tuesday, with nods in six categories.

The Spirit awards, which aim to honour

excellence in independent film, will be handed out on Feb. 21.

Birdman, about a former superhero movie star attempting to resurrect his career on Broadway, was nominated for best feature, best actor, best supporting actor and actress, best director and best cinematography.

The other nominees for best feature were Boyhood, Love is Strange, Selma and Whiplash. AFP



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metre 44 DISH metronews.ca Thursday, November 27, 2014

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Analysis



The wit and wisdom of Jaden Smith

To celebrate Thanksgiving in the U.S., we're going to overdo it with the wit and wisdom of the incomparable Jaden Smith. Here, some of his best work:

@officialjaden

I Don't Want You Guys To Think Because I Was Born In America That I Speak And Abide By English Grammar. I Speak Jaden, Indefinitely.

@officialjaden

I've Bin Drinking Distilled Water For So Long That When I Drink Normal Water It Feels Like I'm Swallowing Huge Chunks Of Aluminum.

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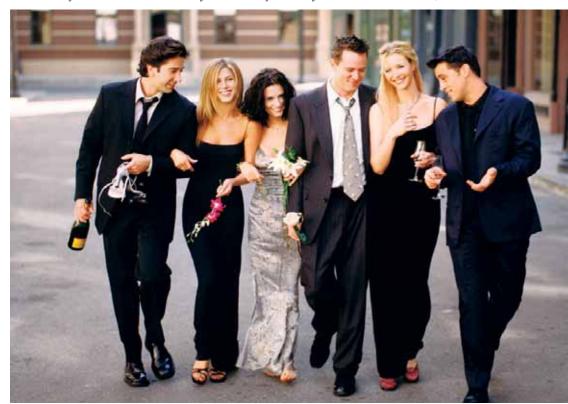
Every 7 Years Your Body Is Completely Replaced With Entirely New Cells So Just Because You Look The Same Doesn't Mean You Are.

This week in Friends reunion denials

It's become apparent that part of being in the cast of Friends means fielding questions about a theoretical reunion at every single interview, as Jennifer Aniston, Courteney Cox, Lisa Kudrow, Matthew Perry, Matt LeBlanc and David Schwimmer are learning. OK, maybe not so much Schwimmer because no one's been interviewing him lately, but still. As Graham Norton recently asked Jennifer Aniston, "Do you and the other Friends just think, 'Why don't we just do the

reunion so people will stop wanging on about it?" — which is clever, but still a way of wanging on about it. So, what do the latest crop of denials — or the opposite — look like? Here you go:

NED EHRBAR/METRO IN HOLLYWOOD



Jennifer Aniston

"I say we just wait until we're really much older and be just Golden Friends because then you wouldn't have the comparisons like, 'Oh, look at Joey. What happened to them?'" Or: "Oh no, dead Friends. Then we'll know that there's no reunion to have."

Courteney Cox

"It's not going to happen. Let me tell you something: There's six Friends, and I've been trying to put together a cast dinner for 10 years. It doesn't happen! I can get the girls to come, maybe Matthew Perry. Matt LeBlanc cancelled last time right at the last minute, Schwimmer lives (in New York City), so it's just not gonna happen."

Lisa Kudrow

"I'll go for it. A whole season, because to spend that much time with those people again would be heaven."

Matt LeBlanc

"I'm not tired of getting asked that question at all. As far as a reunion project, that's just not in the cards ... I think it's best to imagine what those characters are doing now versus to see those characters. No one wants to see us in our 40s. Joey's still struggling as an actor. It'd just be sad."

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SHOPPERS STORY

The Daily Dish



WIFE GOES OUT OF HER WAY TO SAVE TIME



According to Amanda from British Columbia, after trying OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks, her family is so in love with its time-saving benefits and cleaning

"We now make a special trip..."

— Amanda, Fernie

power that "we now make a special trip" when they need to get more. Clearly for this woman, even special trips mean saving time on dirty dishes, and spending time with the family. You go, girl.

Soup ladle's dirty past tied to old detergent



After a lifetime of neglect, a soup ladle's owner, Monique, has finally revealed why it has constantly felt dirty over the years, The Daily Dish reports. Her old dishwasher detergent seems to be the culprit. New OxiCleanTM Dishwasher Detergent Paks heard about the story and came to the rescue. Since then, she has told us, "the results were remarkable."

"...the results were remarkable."*

— Monique, Scarborough

TEENAGER DOES DISHES. MOM IN SHOCK.

An astonishing turn of events unfolded as one mother came home from work to find her dishwasher completely empty. Authorities were called to the scene, but after



interviewing her teenage daughter, they soon discovered the dishes neatly stacked in their respective cupboards shortly after she arrived home from school. In a statement from the daughter, she claims having the convenience of OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks made it "no biggie." A student of complex algebra, it appears she's discovered the equation to her mother's heart.

All stories depicted within this advertisement are fictional in nature. *Quotes are from real consumer reviews submitted for OxiCleanTM Extreme Power CrystalsTM Dishwasher Detergent Paks on ChickAdvisor.com as of November 3, 2014. Reviewers received free product sample.

Clean the dirtiest dishes with OxiClean™ Dishwasher Products.





Source: Chick Advisor com reviews for OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks. Percent of chicks who "dig it" as of November 3-2014. Reviewers received free samn







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Winter's hottest fashion trends

The cold winter season has declared its arrival, but there's no shortage of must-have new trends to keep you looking chic all season long. We asked two of New York City's top fashion bloggers to break down the looks you need to get your hands on now.

METRO NEWS IN NEW YORK

Oversized coats and pastels

Many of the leading looks this winter are all about length. Case in point: dramatically oversized coats paired with mini-dresses and above-the-knee skirts — an unexpected look for the winter season

"It's a big surprise when you think about the colder months," says fashion blogger Chanel van der Meijden of Cocorosa.

Also going strong in outerwear is the pastel-coloured coat. When it comes to bundling up, shades of soft pink and baby blue are all the rage.



Banana Republic Teddy Coat, \$275, bananarepublic.ca

Above-the-knee boots

Playful lengths are also extending to footwear. Hot this winter are thigh-high, over-the-knee boots. A unique spin on the look takes the form of flats, says Framel.

"We're so accustomed to seeing the over-the-knee, high-heel, slightly sexy version," she says. "A flat boot is especially fresh, like the coolest interpretation this season."

Military-inspired shoes are another look to invest in. Boots with lots of buckling details and hints of that signature olive green are particularly popular. If it's a more feminine look you're after, booties are a dainty alternative.

"Another shoe trend that totally excites me is the kitten-heeled, pointed-toe, laceup bootie," says van der Meijden.

Frye Melissa Over-the-Knee Boot, \$648, thebay.com

Knits, knits, knits

One of the strongest looks this winter is knitwear. On the runway, this includes head-to-toe knit suits and trousers. The trend is really all about size, also taking the form of chunky woven sweaters and bulky knitwear tops.

"The way it's being translated [from the runway] is really big, oversized sweaters and extreme turtlenecks," says Kelly Framel, creative director of the wildly popular site The Glamourai. "Everything this season is just so big, so extreme — they're almost dresses."



Julia Titika Activewear Sweater, \$72, titika.ca

Big ol' earrings

It's official: Big earrings are back. While the trend for the last few seasons has been more about refined, delicate jewelry, be prepared to see more bigstatement pieces this winter.

"The fashion version of that is to wear only one (earring) and to wear the biggest earring possible," says Framel. "But in general, these chandelier and interesting statement earrings are definitely coming back."

Translation? Big, glitzy earrings perfect for the holidays.



H&M Earrings \$19, hm.com



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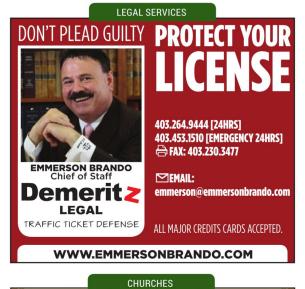
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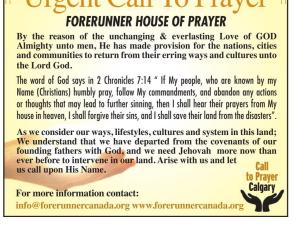










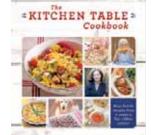




Fling away those frozen fish sticks

Cookbook of the Week

Family favourites



HOIRA SANDERS

Sometimes you want to go back to basics. Enter The Kitchen Table Cookbook by Moira Sanders. The release offers recipes that have been tried, tweaked, sampled, savoured and passed on. It covers all the bases for feeding your family during all seasons. Among recipes are: Fresh Sesame Bread Sticks, Sunday Roast Beef Tenderloin, Seared Salmon, Stuffed Shells, Malted Milk Cookies and more. METRO

Perch-in-a-Basket with Tartar Sauce.Bring an old pub favourite to your table

"I love everything about perch. Catching it, cooking it, eating it — what's not to love? I recently found out that a friend of mine ... even had it for her wedding dinner. I wish I had thought of that!" writes Moira Sanders in her book The Kitchen Table Cookbook.

1. Combine the flour, salt and pepper in a bowl. Whisk the eggs and milk together in a second bowl. Place the finely crushed saltines in a third bowl. Place the bowls in this order next to the stove where you will be cooking the fish.

2. Heat about 2 inches (5 cm) of oil in a large saucepan over medium-high heat. Use a deep-fry thermometer if you have one — the ideal temperature is 375 F (190 C) — or check that the oil is ready by dropping a small piece of bread into the hot oil to see if it bubbles right away. Preheat the oven to 250 F (120 C).

3. Dredge each fillet in the flour mixture, egg mixture and finally in the crushed saltines. Carefully place 3 or

4 fillets in the hot oil. Turn the fillets once they have turned a dark golden on one side. When the pieces are done, remove from the oil and place on a baking sheet lined with paper towels.

4. Place the finished fish in the oven to keep warm and continue frying the rest of fillets. Serve hot with Tartar Sauce.

Tartar Sauce

1. Combine all of the ingredients in a medium bowl and mix thoroughly. Serve immediately or cover and refrigerate until needed.

RECIPES FROM THE KITCHEN TABLE COOKBOOK BY MOIRA SANDERS (WHITECAP, 2014)



FOOD

This recipe serves four to six. From the kitchen table cookbook

Ingredients

Perch-in-a-Basket

- 1 1/2 cups (375 ml) all-purpose
- 1 tbsp (15 ml) fine sea salt
- 1/2 tsp (2.5 ml) black pepper
- 2 eggs
- 1/4 cup (60 ml) milk
- 1 1/2 cups (375 ml) finely ground saltine crackers (about 1 1/2 sleeves of saltines)
- vegetable oil for frying
- 2 lb (1 kg) fresh yellow perch fillets (skin on is fine)

Tartar Sauce

- 1 cup (250 ml) mayonnaise 1/2 cup (125 ml) finely chopped dill pickle
- 1/4 cup (60 ml) chopped chives 1 tbsp (15 ml) fresh lemon juice 1 tsp (5 ml) Worcestershire sauce

Snack. Broccoli with Cheddar Sauce

1. Melt the butter in a medium saucepan over medium heat. Add the flour and cook for 1–2

Ingredient

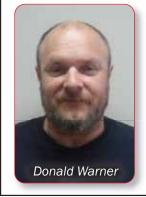
- 2 tbsp (30 ml) butter
- 2 tbsp (30 ml) all-purpose flour
- 1 cup (250 ml) whole milk • 2 cups (500 ml) grated sharp cheddar cheese
- 1/4 tsp (1 ml) fine sea salt
- Pinch ground black pepper
- 1 large head of broccoli (or 2 smaller heads), trimmed and cut into florets

minutes, stirring constantly. Whisk the milk into the butter mixture and continue cooking until the sauce is smooth and thick. Add the grated cheese, salt and pepper. Taste for seasoning. Keep warm until needed.

2. Bring a large pot with 1-inch (2.5 cm) of water in the bottom to a boil. Place a steamer basket in the pot and fill with the brocoli florets. Cover the pot and let the broccoli steam for about 3 minutes. Serve the broccoli hot with the cheese sauce on the side.



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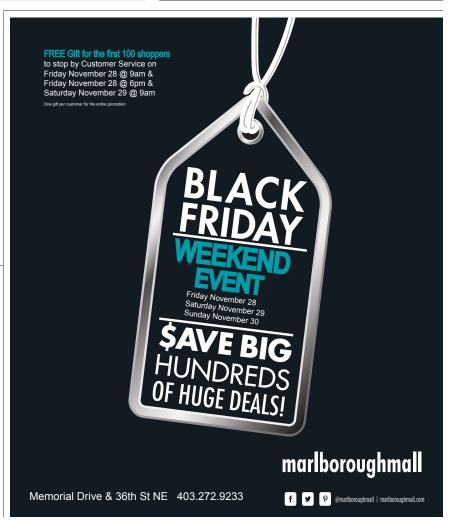


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Set the scene for entertaining

It's going to be a busy month of cocktail parties, dinners and gift exchanges, so you may as well do it with style. Here are some home-entertaining essentials to help get you through the holiday season



DESIGN CENTRE ome@metronews.ca

Put all your ice in one bucket

No more filling the bathtub with ice to chill your bottles. From serving bubbly to holding a modern flower arrangement, this one does it all. Kate Spade New York's Two of a Kind ice bucket, \$89, TheBay.com.

Nothing but the wild. wild best for your quests

Add some festive Cartierchic to the powder room with the look of linen. Wild Christmas 16-count Paper Guest Towels, \$9, BedBathAndBeyond.ca.





Go on — fly your neat-freak flag

Put an end to that pile of black coats being thrown on the bed. Dark Wood Suit Hangers, 60-pack, \$75, Walmart.com.

Always a glass act

Class things up a bit: It's glass over plastic — always! Champagne glasses, \$2, Dollarama.ca.





Tray magnifique

It's a satellite serving bar, handy side table or sparkly multi-candle display pedestal. Giles Tray Table, \$229, UrbanBarn.com.

Balsam bouquet

Create the smell of an enchanted forest with the evergreen scent of Fraser fir, crushed balsam needles, spruce, cedar and holly. Royal Forest Candle, \$24, Crabtree-Evelyn.ca.



ALL PHOTOS: CONTRIBUTED

Make room: Rack up those pots and pans

DIY. Recycle common household items to create racks that free up kitchen space for holiday feast-making

'Tis the season to gather friends and family around the kitchen table to enjoy good company and yummy food. With all the cooking and baking that accompanies the holiday season, some extra storage room is always valuable. Hanging pots and pans is a crafty way to create much needed space and keep them accessible. Read on for ideas on how to create a rack to hang cookware using recycled materials around the home.

Lift it

Suspend an old window frame above a counter top or kitchen island to hang up cookware. Before getting started, it's important to select an area and access the ceiling joists to determine how much weight the frame can support. This is a crucial

re kitchen renos

Get inspired by even more kitchen renovations with all new back-to-back episodes of Kitchen Crashers, on Wednesdays at 10 p.m. ET/ PT on DIY Network Canada.

step before hanging anything from the ceiling. Measure the distance between the ceiling and the floor to make sure the pots are at arm's length, but not too low. Don't have access to a window frame? Try using an old bicycle wheel or a coffee table frame.

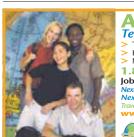
Hang it

Use a wall mounted coat rack. If the wood and hooks are being recycled, add a personal touch to them. Sand the wood plank for a cleaner look or paint it a different colour to match the rest of the kitchen. Spray-painting the hooks is another option. If necessary, proceed to screw the hooks onto the plank. Consider the number of pots and pans you want to hang up and make sure you have enough materials and that the hooks are spaced out accordingly. Select the desired area and install.

Lean it

Use an old ladder and lean it against the cupboards or any other convenient area. A ladder that has rounded and skinny rungs is ideal for this type of project. Garage sales or flea markets are a great place to find various sizes and colours. Next, measure and note the rungs' circumference. Based on these measurements and the number of pots to hang, purchase steel s-hooks. Place the hooks on the ladder's rungs and hang the cookware.





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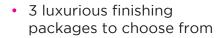
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metronews.ca
Thursday, November 27, 2014

C-c-cold? Generator could do power of good

Home equipment.

Don't get caught out: Consider the pros and cons of built-in and portable generators

As storms have become more severe in many parts of the country and power outages more frequent, home generators have gone from luxury items to mainstream ones.

Prices have come down, thanks to growing demand and cheaper technology. But the idea of buying and installing one can still be daunting, mainly because there are so many variables to consider. Much depends on how much you want the generator to do.

Lets take a look at some generator basics:

Built-in or portable?

The biggest question is whether to buy a built-in generator, which has to be professionally installed and runs on natural gas, or a portable unit, which is cheaper and runs on gasoline.

The built-in kicks in automatically in a power outage; the portable has to be started manually.

Built-in generators look similar to air conditioners, usually sitting on the side of a house. They are more expensive than portables; installation could run \$1,500-plus.

But they have one big advantage, says Ken Collier, editor-in-chief at The Family Handyman: Once a built-in generator is put in place, you don't have to touch it again.

"They are a great choice for people for whom spending a few thousand bucks for the security of having power is worth it," Collier says.





Baseline cost of a built-in

<\$2,000

Generac recently debuted a baseline built-in generator for less than \$2,000 — a far cry from the \$8,000 a lesser powered machine cost 20 years ago, Minick says. A portable generator, which runs on gasoline, costs about half that.

Portable generators, on the other hand, can be powerful enough to do the trick. But they have to be started manually, and you must have gasoline on hand before any storm.

You can't have the gasoline so long that it becomes unusable: Collier says gasoline goes stale after about a month.

In addition, turning on a portable generator often requires several steps, which isn't necessarily easy in stormy, dark conditions.

There are safety concerns, too. Because they are powered by gasoline, portable generators emit carbon monoxide, so they must be set up away from the home and windows.

How much power?

Once you've decided what kind of generator to get, you need to determine how powerful it should be.

Do you want to just keep the fridge and a few lights running, for instance, or do you want to light up the whole house?

Russ Minick, vice-

president of the country's largest home-generator manufacturer, Generac, recommends buying a generator with at least 5,000 watts, which he says is the minimum needed to power just a refrigerator and lights. Running air conditioning or heat requires more powerful units, he says.

Generac has a sizing calculator on its website, generac.com, to help people decide how powerful a unit they want. The bigger the generator, the more it costs.

The bigger picture

Of course, buying a generator is just one piece of being ready for a power outage, Collier notes. Gassing up your car is crucial in

storm preparedness, since it can provide everything from heat and a radio to a place to charge your phone when power goes out.

Having "modern" flashlights — ones with LED lights and lithium batteries — is another priority, Collier says. They use little energy and are powered by batteries that last for years.

"Preparedness is very much a personal philosophy, and spending hundreds or even thousands of dollars being ready is very much a personal decision," Collier says.

Even people who own generators can't let their guard down, he says.

"Generators are not just something that allows you to push a button and be back in business," Collier says. "You have to take care of them. You have to understand what you have to do with the power and what not to do."

THE ASSOCIATED PRESS

Generators require TLC

"They are not necessarily a simple answer. But they are very effective."

Ken Collier, editor-in-chief at The Family Handyman

CALGARY-BOW PROGRESSIVE CONSERVATIVE ASSOCIATION NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the CALGARY-BOW PROGRESSIVE CONSERVATIVE Association will be held on Thursday, December 4, 2014 at the Main Hall of the Bowness Scout Hall, 8551 Bowness Road NW Calgary. Doors open at 7pm meeting starts 7:15pm. Members of the Progressive Conservative Association of Alberta residing in Calgary-Bow are eligible to vote. Proof of membership and residency are required.

New members are welcome. Purchase memberships before the meeting at **www.pcalberta.org**. A membership is required to vote and sit on the board.

For further information

Josh Traptow, President at 403-837-7359 or calgarybowpc@gmail.com









OINSIDE: Border rules, apps to find the best deals, survival tips for mall madness, and much more!



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What's inside



Tips to keep you on your feet when you hit the shops. Page 58



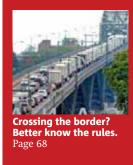
Set on getting the best deals? There's are apps for that. Page 60



No crowd-trampling this side of the border.



Great gift ideas for a better price.
Page 64





Forget Boxing Day, this is the real shopping day

Start your wallets. In the minds of Canadian Shoppers, Black Friday is second to none for best deals

VAWN HIMMELSBACH

Is Black Friday the new Boxing Day? The shopping holiday from south of the border is, for the first time, winning over Canadians.

Thirty-three per cent of Canadian shoppers expect to find the best deals on Black Friday, while the same number expect to find the best deals on Boxing Day, according to Accenture's 2014 holiday shopping survey. This is a significant shift from last year when only 22 per cent of Canadians expected to find the best deals on Black Friday.

While Black Friday may have started out as a novelty, it "snuck up on us," said Kelly Askew, managing director of strategy with Accenture Inc., a global consulting company.

"We've been watching the importance of Black Friday climb year over year," he said. "This is the first year Black Friday is as important as Boxing Day in the minds of Canadians. If this trend continues we'll start to see less and less focus on Boxing Day."

The survey found that 61 per cent of Canadians plan to shop on Black Friday — a trend largely driven by younger shoppers (81 per cent of those aged

18 to 24 will hit the shops on Nov. 28).

There's also a move away from cross-border shopping, said Askew. This is, in part, due to the weakening loonie, which is making those U.S. deals a little less attractive. But it's also because Canadian retailers have started to take Black Friday more seriously.

"It's not just a couple of items on sale. (Retailers) are putting a big mark on their planning calendar," said Askew.

"It's kind of a perfect storm for Canadian retailers," he said.

"They're seeing a heightened interest in Black Friday ... and Canadians say they're going to shop domestically."

And, on average, Canadians plan to spend \$250 more than they did last year during the holiday season.

When Black Friday first came to Canada, Maureen Atkinson, senior partner at J.C. Williams Group, a retail consulting firm, was sceptical. "Black Friday has a meaning in the U.S.," she said. "For Canadians, it doesn't make as much sense because it isn't a holiday."

Black Friday follows American Thanksgiving, when most retailers in the U.S. offer promotional sales to kick off the

Canadian shopping trends

- Canadian consumers like to pre-shop on their smartphone or tablet in preparation for Black Friday, said Jennifer Lee, senior retail leader with Deloitte Canada.
- About 38 per cent of Canadians plan to pre-shop before Black Friday, according to Deloitte's 2014 Holiday Retail Outlook.

holiday shopping season.

Many Americans have the day off (or take it off, since American Thanksgiving always falls on Thursday). In 2008, several large Canadian retailers started offering Black Friday deals, mainly to discourage cross-border shopping.

But the shopping holiday finally appears to be catching on here — perhaps because retailers no longer have to wait until Dec. 26 to find out if they'll meet their annual revenue goals.

Calgary. Where to shop on Friday

Calgary's **Chinook Centre** is the only place to go if you're looking for iconic U.S. brands like J Crew or Nordstrom.

You'll also find Calgary's only Williams Sonoma, Le Cruset, and Anthropologic among the mall's 250 retailers. (9:30 a.m. to 9 p.m.) All that shopping is bound to make you hungry for one of the mall's seven sit-down restaurants, including Chop, a steak house, Double Zero

Pizza, or Globefish Japanese Bistro for a little sushi.

On big shopping days parking is always easier downtown at the Core at TD Centre, home to Calgary's only Holt Renfrew location. In all, the Core has 160 stores including a Harry Rosen and Brooks Brothers as well as three restaurants, including another Double Zero and the Metropolitan Grille. (9:30 a.m. to 8 p.m.) Venture out

from the Core to **Stephen Avenue Mall** and plenty of other places to look for Black Friday deals, including Hudson's Bay, Winners, Fluevog and Patagonia.

You'll score loads of treasures in the nooks and crannies of Calgary's coolest neighbourhoods, too. Look for unique vintage jewelry, china, and clothing at Pretty Little Things in Inglewood (10 a.m. to 5 p.m.)

In **Kensington**, wander through Pages Book Store (11 to 6 p.m.) to find your next favourite book, pop into Purr (11 a.m. to 7 p.m.) for your next favourite outfit and then head up 10th Street to find the Beehive (10 a.m. to

Black Friday tip

Pack a little extra patience to find a parking spot at Chinook Centre. Take a break from shopping at the Core at the Devonian Gardens indoor park in the mall. Don't forget to hydrate. Wear comfy shoes, too. Bring a friend to help you carry all your shopping bags.

5 p.m.), one of Calgary's most unique shopping destinations with candles, honey, soaps, lotions, and more — all made with the help of bees. At Higher Ground on Kensington, you can catch your breath as well as local art for sale on the walls. (7 a.m. to midnight).

Head down to 17th Avenue to hang with the hip-

sters. Pop into Gravity Pope (10 a.m. to 9 p.m.) to try on some of the coolest shoes in town and walk down to Beano (6 a.m. to midnight) for the hottest coffee. A must-see is Steeling Home (10 a.m. to 6 p.m.). Originally a local artists' co-op, it's morphed into a gorgeous store with all kinds of beautiful, interesting and practical things. METRO

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Thursday, November 27, 2014

Game-day strategy: Beware the hype

Black Friday vs. Cyber Monday. Deal-savvy
mom says online is best
— if you plan ahead

JACLYN TERSIGNI

Lena Almeida is a self-labelled "reformed spend-aholic."

The lifestyle blogger — whose blog Listen to Lena has been the most-trafficked personal blog in Toronto since 2010 — shopped hard as a career woman with a matching salary in her 20s, but motherhood turned her into a more savvy shopper.

"I wasn't exactly the saving type. I always had to have the latest trends. I've got years and years of retail experience," Almeida said, laughing. "When I became a parent, I had to learn how to shop smarter."

When it comes to Black Friday or Cyber Monday shopping, Almeida believes going online is the better choice most of the time.

"Nine out of 10 times, I always recommend online shopping," she says. "You're shopping from the comfort of your own home, which translates to more shopping. You're not going out and braving the crowds and going from store to store ... I think the better deals can be found online and with so many retailers now offering

online shopping, it's forced everyone to become more competitive."

It also makes comparisonshopping as easy as navigating between a few different tabs on your browser. And increased competition between retailers in the online marketplace over the last few years has forced shipping costs to come down (almost all sites offer free shipping after a certain minimum), with guarantees and warranty policies improving, too. On Cyber Monday, many retailers do away with shipping costs and purchase minimums all together.

But that doesn't mean Cyber Monday always comes out on top of Black Friday. Some items are better off hunting for in stores.

Makeup, bath and body products, shoes, and clothing from retailers whose sizing you're unfamiliar with should be purchased in-person, Almeida said.

"If you're going to have to go back anyways to return it, you actually haven't saved that much time," she said. "The last thing you want to do is turn a purchase into something you have to deal with."

Whether shopping online or in stores, the rules for successfully navigating the sales are the same. Rule number one? Beware the hype.

"When it comes to Black Friday and Cyber Monday shopping, it's really, really easy

Competition online

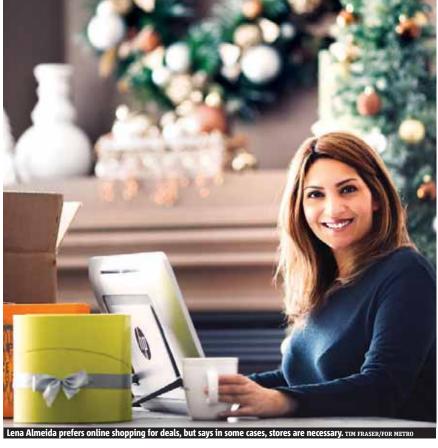
"You're not going out and braving the crowds and going from store to store ... I think the better deals can be found online and with so many retailers now offering online shopping, it's forced everyone to become more competitive."

Lena Almeida, Listen to Lena blogger

to get caught up in the hype," Almeida said.

That hype may be most dangerous when it comes to electronics, which are often the biggest draws on Black Friday and Cyber Monday. Before you venture out — to the mall or via your laptop — know exactly which television, stereo system, or computer package you're after.

"It's easy to get lured into a great deal on a large-screen TV but you may find out after that it's last year's model, that it's been discontinued, that there are warranty issues," Almeida warned. "When buying electronics, research ahead of time to find out what you're looking for and try not to get caught up in the door-crasher items — unless it's an item you've already had your eye on and have pre-vetted."



Game-day strategies

Before you hit the mall or the web, take heed of Almeida's tips for maximizing your time and money on Black Friday and Cyber Monday.

Know the regular prices

"If you don't know what a product consistently sells for, it's very easy to be looped into the false belief that you are being offered a huge savings," Almeida said. "Always know going in what you're looking for, what it normally retails for, and then decide if what is presented to you is a good deal or not."

Budget for extras

"Give yourself a miscellaneous budget for those 'It's a fantastic deal, I'm just going to buy it' items so you don't feel guilty at the end for putting those in your cart. That budget can be \$50 or \$500,

but make an agreement with yourself ahead of time."

Always read the fine print

"Always, always, always check refund policies," Almeida advised. "Sometimes the refund and return policies of your favourite retailers can change for Black Friday and Cyber Monday deals." Knowing upfront that everything is exchangeonly can force you to make better purchasing decisions.

On home turf. Canuck uproots U.S. retail habits

For years, Debby Blyth has been drawn to the online deals available through U.S. retailers on Black Friday.

"They do slash the prices incredibly," she said. "I've bought evening gowns for a fancy dress ball I go to, as well as boots and shoes, bags, and shirts for my husband."

But more recently, Blyth has gravitated to Canadian online shopping sites, which are offering Black Friday deals of their own.

"Last year, I bought my husband a weather station at Canadian Tire," she said. "He's obsessed with the weather and it was only \$19 on Black Friday, compared to the regular price of \$75." The device combines an outdoor sensor with an LED readout that stays inside the house and tells the time, the barometric pressure, and the temperature indoors and outdoors.

Blyth also purchased a Soda Stream machine at Canadian Tire for \$64, about a third off the usual price. Although Blyth is a proud Canadian, she admits her reasons for cyber-shopping on her own side of the border have more to do with saving money than patriotism. She can attest to the fact that additional costs for exchange rates, shipping, duty, and other fees can sometimes conspire to turn

"A few years ago, I picked

U.S. deals into duds.

out a few things to buy at Macy's and then I got browsing," she said. She ended up adding a couple of impulse purchases to her basket of goods — including a blouse and a bag for her daughter. "When it came time to pay the duty it cost me an extra \$30," she recalled. "I realized that I had basically killed the deal."

As it turns out, Blyth's impulse purchases were manufactured outside of North America, making them subject to a higher level of duty under NAFTA rules.

Now, she said, "I compare

Now, she said, "I compare all of the costs to see where I can get the best value." CAMILLA CORNELL/FOR METRO

Maximizing the deals

- Get the final tally from U.S. sites. When you purchase from a U.S. site, duty (on items that are not manufactured in the U.S.), Canadian taxes, credit card fees for currency conversion and customs brokerage fees (charged by courier companies to get packages processed at the border) can easily double the cost.
- Buy Canadian. All-Canadian department store e-tailors like thebay.com, sears.ca, eluxe.com, and shop.ca ship from Canada, so you won't be surprised by extra charges.
- Take the credit. Some shopping sites, including shop.ca, allow you to accumulate credits for shopping, which you can use later to buy other goods.



Debby Blyth is a strategic Black Friday shopper. "It's not impulse shopping ... I'll buy Christmas presents on Black Friday because I know I can get \$10 or \$20 off on things that I'm going to buy anyway." AARON HARRIS/FOR METRO

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Black Friday survival guide

Essential tips for shoppers. Get
home with both wallet
and sanity intact

KEITH CARMAN

Black Friday. The day after U.S. Thanksgiving marks the beginning of the Christmas shopping season and yields promotional sales of unheralded savings.

Over the years, Black Friday has seen its share of sore thumbs unable to play nicely but, all-in-all, the combination of holiday cheer, specials and take-home goodies brings smiles to even the biggest Grinches. It's no wonder retailers are literally bombarded with shoppers fighting — figuratively and occasionally literally — to spend.

Due to these throngs of people battling for limited stock, one is best-served to prepare for a sales event spanning two countries and hundreds of stores. Here are a few simple strategies to get ahead of the the retail game.

Strategize

It may seem obvious but as body-crushing crowds at past Black Friday events have proven, it pays to plan ahead. Look through flyers. Go in early and find out where items are located in the store.

Pick a few "essentials" and head straight for them as opposed to overextending, risking getting lost either in-store or amongst the sea of others looking for their own deals. If you are going to make the most of Black Friday, this is a mission; a stakeout, not a simple hunt-and-peck for a good deal. Everyone else will most likely have thought ahead. So should you.

Pack light

This foray is equal parts sprint and marathon. While the inclination might be to prepare for a cold wait outside of stores in order to secure a jockeying position, one runs the risk of being bogged down by non-essentials. Is that second tablet really necessary? It might take up vital space or, worse yet, slow one down when scurrying through the isles to hunt down that incredible smart television deal. Moreover, hauling more possessions simply means more weight.

Get help

Bring a second — or third — set of hands.

If carrying everything but the kitchen sink is vital to maintaining happiness before the "go" moment, have other bodies manage junk. Bring non-shoppers along to courier the camping setup back to the car and hightail it into the store to steer carts.

Family first? Maybe not

To that extent, while loved ones can be a wonderful tool at helping to haul, keeping eyes on your path, their whereabouts and specials can prove taxing.

When possible, any highmaintenance family are bestserved (as are you) keeping away. Do everyone the favour:

Bring an army

Bring a second — or a third — set of hands. If carrying everything but the kitchen sink is vital to maintaining happiness before the "go" moment, have other bodies manage junk.

Make it a holiday for them, staying at home while you frolic amongst the aisles.

Don't let shopping knock you off your feet. SHUTTERSTOCK

"You don't always know what to expect from other people," said mother Heather Ostrander, 39. "You may have the best intentions at perusing some specials but others can be pretty heavyhanded about their goals. I'd rather keep my son away from potential grumps and pick up whatever we're really looking for."

Black Friday Deals on Memory Cards!

Lexar's award-winning lineup includes memory cards, USB flash drives, readers, and storage drives. Whether shooting photos, capturing video, watching movies on a tablet, or simply transferring and sharing files on the go, Lexar memory solutions provide the performance and reliability needed to get the most from your digital device.

Lexar Platinum II 200x 32GB SD Memory Card

Regular Price: \$29.96

Black Friday Price: \$16.99



Lexar Professional 400x 32GB SDHC

Regular Price: \$39.42

Black Friday Price: \$21.99



Lexar Professional 800x 32GB Compact Flash

Regular Price: \$99.99

Black Friday Price: \$64.99



Lexar Platinum II 200x 64GB SD Memory Card

Regular Price: \$54.99

Black Friday Price: \$31.99



Lexar Professional 400x 64GB SDXC

Regular Price: \$79.38

Black Friday Price: \$47.99



Lexar Professional 800x 64GB Compact Flash

Regular Price: \$169.99

Black Friday Price: \$89.99







Lexar 633x 32GB MicroSDXC Memory Card Regular Price: \$54.46

Regular Price. \$54.46

Black Friday Price: \$34.99

Pricing valid at The Camera Store for Black Friday Weekend from Nov. 28th-Dec. 1st, 2014 while supplies last



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The Camera Store's Black Friday Sale

Save on Manfrotto Tripods & Heads from The Camera Store for Black Friday



Manfrotto Imagine More

Manfrotto MKC3-H01 Tripod Kit

An ultra-compact and easy-to-use kit for shooting both photo and video. Easy to carry, it is a universal solution- fast and efficient for all applications. The unique photo-movie selector allows for maximum freedom to set the position of your camera when shooting photos and an easy-to-control movement when shooting videos. The ergonomic handle allows for an intuitive use and is perfectly foldable for packing the tripod in your bag.

Reg \$99.99 Black Friday Price: \$69.45



Manfrotto Befree Compact Tripod

Transform your images with Manfrotto's tripod for travel photography. The light and compact design makes it fast to set up and easy to use. Capture precise images with stunning quality at any place, any time. A tripod you can take anywhere.

Reg \$216.73 Black Friday Price: \$189

Manfrotto 804RC2 Counterbalanced 3-Way Head

A 3-way photo head constructed of ultradurable and lightweight technical polymer, the 804RC2 easily withstands the daily rigors of the professional photographer.





Sigma 150-500mm f5-6.3 DG OS HSM

This ultra-telephoto zoom lens covers a telephoto range up to 500mm and allows



photographers to bring the subject close with a short perspective. Sigma's original OS (Optical Stabilizer) function offers the use of shutter speeds approximately 4 stops slower. It is ideal for sports, wildlife and landscape photography with handheld shooting.

Save \$100 Black Friday Price: \$899

Sigma 70-200mm f2.8 II EX DG OS HSM

For any serious photographer, the 70-200mm focal range is often the most important second lens to own after the initial



standards lens or mid range zooms. The fast aperture is extremely useful and important in low light environments or when shooting fast moving situations where a higher shutter speed demands maximum light through the lens. HSM ensures quiet and high speed AF as well as full-time manual focus capability.

Save \$75
Black Friday Price: \$1219

Sigma 10-20mm f4-5.6 EX DC

This ultra-wide zoom lens has a wide angle of view from 102.4 - 63.8 degrees and it is exclusive to digital SLR cameras. SLD glass elements effectively compensates for colour aberration.

Aspherical lenses provide maximum correction



for distortion and various aberrations; high image quality is displayed throughout the entire zoom range.

Save \$30 Black Friday Price: \$499

SIGMA









Save 50% on Kata Bags for Black Friday

Kata develops and produces carrying bags and sophisticated protective carrying solutions for photography and video gear.

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metre 60 BLACK FRIDAY metronews.ca Thursday, November 27, 2014

Deals on Black Friday? Yes, of course, there's an app for that

Shop right from your smartphone. Get a head start on saving big bucks this year

MIKE YAWNEY

For Americans, Black Friday is the busiest shopping day of the year.

For Canadians, it's an opportunity to save serious cash, as retailers north of the border jump on the Black Friday bandwagon. Each year, Black Friday grows in popularity among Canadian retailers. Here are some useful apps to cash in on savings.

Flipp Free on iOS, Android

A simple way to browse through deals not only on Black Friday, but every day of the year.

Flipp gathers flyers from

stores in your area and displays them on your smartphone or tablet. You can search for particular products to see if they are on sale, or browse through deals on at your favourite store. If you find something of interest, the app lets you clip out the ad with virtual scissors and saves it to your phone.

RedFlagDealsFree on iOS, Android

What began as a popular website deal-finding now turned into a fantastic money-saving app. Deals are automatically mapped out for you on your smartphone based on your location. You can also browse through flyers from your favourite store so you can make a plan of attack before heading out on Black Friday. What really sets this app apart is the discussion board where users post and share deals with other

TGI Black Friday Free on iOS, Android

The perfect app for crossborder shoppers. Tailored to Americans, this app comes in handy if you plan on driving south to get your deals. The app displays flyers for a wide variety of stores. Find something you like? The app will help you find the location of the product, or give you the option of purchasing it online. Keep in mind — some stores do ship to Canada so you can still take advantage of some of the specials from

AmazonFree on iOS, Android and Windows Phone

the comfort of your couch.

Don't want to venture out into the cold? Sometimes it's easier to shop right from your smartphone or tablet. Amazon's user-friendly interface makes it simple to track down deals. Search for items by keyword, or scan a barcode on a product and Amazon will track it down in its database for you to purchase.

Sale Saver Shopping Calculator \$1.99 on iOS

Know exactly how much you will pay for something before you head to the till. Type in the price of your item, the percentage it is marked down, then sit back as the app calculates the sales tax so you know the final tally. Works in Canadian, U.S., and other currencies. A free version is also available, but you will have to deal with pop-up ads and restricted features.

Point Inside Shopping and Travel Free on iOS, Android

If want to cash in on the best Black Friday deals, you will need a game plan. This app offers maps of most major malls across Canada and the U.S., showing you where individual stores are located. You can also search for the nearest washroom, ATM or restaurant when you need a break. The neat thing about this app is it also provides airport maps, so avid travellers can use it year-round. Keep in mind, stores within malls change rapidly over the course of the year. Some mall maps may become outdated.

Free on iOS, Android

Slim down your wallet as you hit the mall. This loyalty card app keeps all of your favourite cards on your smartphone so you don't have to fumble around, digging for them at the checkout. To add a card, simply scan the barcode with the camera on your smartphone or manually type in the number. Most major rewards cards are supported along with retailer loyalty cards such as Indigo, Best Buy and Hudson's Bay.



Gale Gaver \$89.99
Frice \$89.99
Soft 16%
Sale Price \$76.49
Sale Price \$13.50
Total Price \$80.31

RICOH



Forget conformity, and get serious with the PENTAX K-50, a mid-level DSLR with fast, advanced functionality. Enjoy a 16 megapixel APS-C CMOS sensor, fast continuous shooting at six frames per second, ISO up to 51200, 100% field of view, and innovative in-body shake reduction, with the PENTAX-original weather-sealing.

Sale Price \$459.32 K-50 with DA L 18-55mm WR Lens \$729.56 K-50 with DA 18-135mm WR Lens K-50 kits include 4GB Eye-Fi Card



PENTAX DCF LV 9X28 Binocular

The PENTAX DCF LV binoculars feature a durable, lightweight, compact body. With high-resolution phase-coated and super-reflective coated roof prisms for high contrast images, the nitrogen-filled waterproof (JIS Class 6) construction allow these binoculars to be used in the most extreme weather conditions.

Sale Price **\$168.47**

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The Camera Store's Black Friday Sale



Canon

Canon EOS Rebel T5 with 18-55mm f3.5-5.6 IS II Lens

Perfect for families, budding photo enthusiasts and first-time SLR users alike, the Canon EOS Rebel T5 offers a handy Feature Guide, and rugged, lightweight construction, making photography faster and easier than ever!

Black Friday Price: \$399 Add a Canon Canon EF-S 55-250mm f4-5.6 IS for \$149

Canon EOS 5D Mark III Body Only with Free Grip

3.0

The ultimate DSLR for the advanced photographer, the Canon EOS 5D Mark III is a full-frame camera that provides superior quality and speed. Featuring a Highperformance 61-point AF System with 41 cross-type AF points, this camera enables superb subject tracking and high resolution at all AF points.

Black Friday Price: \$3199





Canon EOS 70D with 18-135mm f3.5-5.6 IS STM with Free Accessory Kit

The EOS 70D features an autofocus technology that allows it to capture incredible video, but still provides superb image quality for still images. Brilliant quality is provided by the 20.2 Megapixel CMOS (APS-C) sensor.

Black Friday Price: \$1299













Canon Powershot SX700 HS

Capture any scene you can imagine, and share it instantly with the powerful 30x Optical Zoom and built-in Wi-Fi of the Canon Powershot SX700 HS. With the camera's powerful 30x Optical Zoom, vou can get right down onto the field to preserve a big play, reach deep into the forest for spectacular wildlife close-ups, and capture majestic architecture just the way you see it.

Black Friday Price: \$279

Save up to \$350 on Pixma Pro Printers when purchased with a Canon camera!

Canon's professional inkjet printers offer photographers and designers new, state-of-the-art solutions that fit their workflow. With precision ink nozzles and a variety of versatile features the Pixma Pro line of printers make it easy to produce vibrant prints in just seconds.



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Afraid of being trampled? Don't worry

Calm, polite. Canadians' demeanour is the same. even on Black Friday, say retail employees

MCGINNIS

Maybe it's the name, but Black Friday has acquired a sinister reputation that seems undeserved for an annual shopping event focused on getting a really great deal on a TV, a video game console or a lifesized doll.

It's a reputation that Boxing Day, its monster sale big brother, has never been tainted with, even though that weeklong post-Christmas shopping gauntlet — Canada's homegrown contribution to retail frenzy remains a bigger event.

The stories began to emerged almost 10 years ago, starting with a Walmart in Columbus, Ohio, where nine shoppers were injured as a crowd surged into the store to grab gift certificates dropped



from the ceiling. Every year, they were reported: The salesperson who was trampled to death in 2008 when a crowd outside an upstate New York Walmart broke down the doors; a woman at a California Walmart in 2011 who peppersprayed fellow customers lined up to buy an Xbox; customers shot outside a Tallahassee, Fla., Walmart in 2012 in an argu-

ment over a parking space.

Last year's Black Friday stories came from Las Vegas, where a man tried to wrestle a big-screen TV back from a thief who had tried to take it from him outside a Target store; and from Illinois, where a suspected shoplifter outside a Kohl's was shot by a police officer while dragging another officer along the ground with his car. There are more like this, so you would be forgiven if you decided to forget about picking up that espresso machine until after the new year.

The good news is, for a variety of reasons, this sort of thing almost never happens north of the border. Prime among them: Black Friday doesn't happen in Canada during a statutory holiday. American Thanksgiving is

"I haven't seen any stampedes or that kind of craziness vet. Our customers are very orderly, and as it's growing, it's become a win-win for retailers and customers as well."

Nikhil Rattan, manager of a Best Buy in Scarborough, Ont.

the customary prelude to Black Friday in the U.S., so lineups will begin hours or even days in advance. A news story from three weeks before this year's Black Friday featured two women who were lining up outside a California Best Buy.

"Some people say we're zy," California shopper Vickey Torres told the Banning-Beaumont Patch, an online community news network.

"It definitely started as an American phenomenon," said Dan Christie, general manager of a Future Shop in Vancouver. "But I think as Canadians we're a little bit nicer than that, aren't we?"

Christie predicts that, while Black Friday could one day eclipse Boxing Day, he doesn't think it would ever involve the same madness or violence.

"I haven't seen any stampedes or that kind of craziness yet," added Nikhil Rattan, manager of a Best Buy in Scarborough, Ont. "Our customers are very orderly, and as it's growing it's become a win/win for retailers and customers as well.

Houman Javidnia, manager of a Future Shop in Toronto, says years of experience with Boxing Day has given his staff ample skills to deal crowds.

We talk about the effective skills — the art of bouncing, we call it. Being able to bounce between customers and prepare them for the fact that you'll be working with two or three customers at a time.'

Online shopping, inventory checks in other stores and ordering items for shipment also help big-box retailers manage customer expectations.

The Camera Store's Black Friday Sale



Bushnell has been the industry leader in high-performance sports optics for over 60 years and boasts leading market share in all of the sports optics categories.

Bushnell 16x50 RP with Tripod Kit

The Bushnell 16x50 Powerview is a powerful yet rugged binocular at a reasonable price. It is an excellent tool for long range viewing and delivers high optical performance. Its multicoated optics produces sharp and vivid images. The 16x50 Powerview binocular incorporates non-slip rubber armor to absorb shock while providing a firm grip. This binocular features Insta-focus to enable fast and easy focus on moving targets and comes complete with the tripod.

Our Price \$99.95



Outdoor enthusiasts will appreciate

WAR ICEN the rugged construction and high performance of

Zeiss binoculars, spotting scopes, and riflescopes. Unique lens design delivers accurate color, stunning contrasts, and crisp imagery.

Zeiss 10x42 Terra ED Binocular

The 10x42 Terra ED Waterproof Binoculars from Zeiss combines SCHOTT ED glass elements and a compact weather-sealed housing to create a multi-purpose optic that delivers the image quality and streamlined silhouette worthy of the Carl Zeiss name. Zeiss engineers designed the Terra ED for birders and hunters seeking a budget-friendly set of glasses that do not sacrifice twilight performance or functionality.



Black Friday Price: \$429.99





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Lowepro bags are purpose-built to protect your valuable photography gear from impact, abrasion, moisture and the rigors of travel. We design our interior and exterior compartments, pockets and sleeves to help optimize organization and increase workflow.



Joby Gorillapod Focus/Ballhead X Combo

The strongest, largest Gorillapod yet! Its machined aluminum sockets offer incredible flexibility while ensuring a rock-solid hold in almost any environment. Wrap it around a railing, hang it from a tree, or stand it on a table in the studio; the Gorillapod Focus provides the stability of a professional tripod at a fraction of the size, weight and price.



Reg: \$147.56 Black Friday Price: \$107.56

Slik SF22 Tripod w/Ball Head Travel Kit Special

This compact, lightweight tripod is suitable for compact cameras and DSLRs with standard lenses. It features a ball head, bubble level and 3-position leg angle adjustment locks.

Reg: \$99.99

Black Friday Price:

\$75





Save \$100 on Select Epson Perfection Photo Scanners with Instant Rebates

Get professional quality scanning results from virtually any photographic original with an Epson Perfection™ Photo scanner. With groundbreaking resolution, these powerful scanners consistently deliver precision colour and detail, whether scanning slides, negatives or medium format film.

Save \$200 on Select Epson Stylus Photo Printers with Mail in Rebates

Take your creativity and productivity to the next level with the advanced features and uncompromising quality of an Epson Stylus Photo Printer. These robust printers deliver remarkable efficiency and versatility with high-capacity cartridges, networking and connectivity, along with flexible media handling.









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metronews.ca Thursday, November 27, 2014 metr⊕ **BLACK FRIDAY**

Shoppers, snatch up these great gifts

Get the scoop.

Here are some sale items to cross off your list

JACLYN TERSIGNI

Music and food make the world go round. Have a home gourmet and amateur audiophile on your gift-giving list this holiday? Consider shopping for these ideas on Black Friday.

THE GOURMET



KitchenAid Professional 5™ Plus Series Stand Mixer

Ten speeds and a five-quart bowl take (almost) all the work out of kneading doughs and batters. \$599.99; Canadian Tire.

The Oh She Glows Cookbook: **Vegan Recipes To Glow From** The Inside Out by Angela

Recipes to satisfy even the most ardent anti-vegans, from self-trained Canadian chef, food photographer and blogger. \$29; Indigo.

Monogram Cheeseboard A perfect host-

ess gift, this monogrammed cheeseboard comes with a spreader and its own resting spot. \$19.50; Indigo.

Saveur: The **New Classics** Cookbook

More than 1,000 of the world's best recipes for today's kitchen by the editors of Saveur Magazine. A diverse curation of the best recipes from Saveur culinary magazine, covering every type of \$45; Indigo.

T-fal ActiFry Healthy Fryer For the health-con-

scious french fry lover, the ActiFry requires only one tablespoon of oil for fries, chicken wings and other fried goodies. \$189.98; Amazon.ca.

THE MUSIC LOVER

Leonard Cohen Everybody Knows by Harvey Kubernik Even casual

Cohen fans will be roused by this exploration of the legendary Canadian poet, singersongwriter and author. \$35; Indigo.

iHome iD48 Portable **Rechargeable Stereo System** for iPad/iPhone/iPod

You don't have to choose between charging your device and letting the music blast with this dual-purpose stereo. \$99; Indigo.

Frends with Benefits Taylor Headphones in Rose Gold Beautiful to look at and listen

to. A three-button mic adds volume, music, and phone controls. \$199; Indigo.

Casio LK-240 61-Key **Portable Touch** Sensitive **Personal Keyboard with AHL Technol-**

For the

independent learner, this keyboard's built-in education system breaks lessons down into small, stepby-step units. \$219.99;

*PRICES LISTED HERE ARE REGULAR

The Camera Store's Black Friday Sale

A new Tamron Lens would make a perfect gift

for the photography enthusiast on your list!

Amazon.ca.



Sennheiser HD598 Headphones

For those serious about sound, these high-performance headphones deliver impeccable sound quality through luxe velour ear pads. \$252.83; Amazon.ca.



Clockwise from bottom left, KitchenAid Professional 5™ Plus Series Stand Mixer. Monogram Cheeseboard: Sennheiser HD598 Headphones: Leonard Cohen Everybody Knows; Casio LK-240 61-Key Portable Touch Sensitive Personal Keyboard, and T-fal ActiFry Healthy Fryer.

The Camera Store's Black Friday Sale



Vanguard Alta Pro 263AB 100 Tripod Kit

The Alta Pro 263AT tripod and SBH 100 ball head are an impressive pair. Alta Pro tripods have unmatched stability and flexibility, enabling more angle possibilities than ever before. Its innovative Multi-Angle Central Column System allows users to move the central column from zero to 180-degree angles in variable vertical and horizontal positions making macro-photography and special wide-angle shots a breeze.

Reg: \$219.89 Black Friday Price: \$189.89



Tamron SP 150-600mm f5-6.3 Di VC USD

Capture the power and beauty of wildlife, birds, travel destinations, and exciting sports action close-ups with this high-performance 150-600mm long-range zoom.

Our Price \$1,289



Tamron AF 16-300mm f3.5-6.3 Di II VC PZD Lens

A high-performance, highpower zoom lens that delivers focal lengths extending from an unprecedented 16mm at the wide-angle end up to a longrange telephoto 300mm.

Our Price \$684



Vanguard Kinray 48 Green & Purple

The Vanguard Kinray Series of backpacks is inspired by the unique needs of birders and outdoor photographers, customizable for a perfect fit. It's roomy on the inside with removable dividers to securely hold a spotting scope and DSLR camera for digiscoping or DSLR camera and attached telephoto lens. Durable and weather-resistant, Kinray will protect gear in foul weather. A stowed rain cover provides additional protection.

Reg: \$157.86 Black Friday Price: \$99.99

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Tamron AF 18-270mm f3.5-6.3 Di II VC PZD Lens

This lens has reached a new level of compactness, performance, and speed. The result is a lens that's considerably lighter, and noticeably shorter and slimmer than any previous lens in its class

Our Price \$389



Tamron AF 70-300mm f4-5.6 Di LD Macro Lens

This lens is ideal for handheld shooting with full-frame and APS-C format SLRs. Its unsurpassed close-focusing ability makes it perfect for nature and portrait photography.

Our Price \$99

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OLYMPUS®

Olympus EM-5 Body

The revolutionary mirrorless camera, the award-winning OM-D E-M5, has an exceptionally light and compact body. Its Electronic View Finder enables photographers to check exposure levels, white balance and preview Art Filter effects in real-time.

Reg: \$949.99

Black Friday Price: \$599.99



Olympus OM-D E-M10 with M. Zuiko 14-42mm f3.5-5.6

The E-M10 ups the ante by pairing a 16MP Live MOS sensor with our most powerful TruePic VII image processor for extraordinary resolution and accurate colour rendition. Add 3-axis in-body image stabilization that compensates for horizontal and vertical angular shifts (yaw/pitch) as well as camera shake along the optical axis (roll), and you have a camera that captures incredibly sharp images and video, yet is compact enough to bring just about anywhere.

Our Price: \$799.99

Add Lenses to Your Olympus Camera Purchase and Save! Bundle and Save with the purchase of a E-M1, E-M5 E-M10, E-P5 and E-PL7





Olympus TOUGH TG-850

A new angle on tough! Outdoor adventures spice up our lives and the TG-850 is the perfect camera for preserving the memories. A super-wide lens takes in more of the beauty. Waterproof (to 10m/33 feet), shockproof (to 2.1m/7 feet), crushproof (to 100kg/220 pounds) and freezeproof (to -10°C/14°F), it's built to operate flawlessly in the most extreme conditions – so anything you and the kids can throw at it will be a piece of cake.

Save \$50 Reg: \$249.99 Black Friday Price: \$199.99

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metre 66 BLACK FRIDAY metronews.ca Thursday, November 27, 2014



Best deals? Home turf is where the shopping is

North of the border.

Canadian consumers are staying put this year

TANYA ENBERG

Canadian shoppers will be sticking closer to home this holiday season instead of crossing the border in search of better deals.

Less than a quarter of Canadians are planning to crossborder shop, down from 60 per cent last year, an Accenture survey found.

Claire Keeley, 43, of Dundas, Ont. is among those shopping locally this year and taking advantage of Canada's Black Friday and Cyber Monday discounts.

"In the past, I was drawn to U.S. shopping because the stores I wanted to shop at were not available in Canada and they had good online coupons and deals," said Keeley, a freelance corporate event producer. "I do most of my shopping locally now, partly because the duty and shipping costs, and return and exchange costs can be high depending on what you order from the U.S. Also, quite a few of my favourite U.S. stores have opened locations in Canada."

Diane Brisebois, president and CEO of the Retail Council of Canada, says several factors are likely playing into consumers' decision to remain on home turf, among them the weak Canadian dollar and the promise of receiving the best savings during Black Friday through Cyber Monday events.

"We have more and more retailers in Canada with really good transactional websites versus three to five years ago, so if I am a consumer, I have the best of both worlds; I can cross the border if I am not satisfied or I am looking for something else or I perceive

it would be a better deal, but at the same time I have more choice, more assortment, and more competition in the Canadian market for my business.

Meanwhile, Keeley's sisterin-law, Sandra Keeley, 42, of Toronto, who has taken advantage of cross-border savings previously — primarily buying work wear, shoes and clothing for her children — said there no longer is a strong incentive to travel south for better pricing.

"The Canadian dollar recently has had a bit of a slump so it doesn't make it as compelling for sure," Sandra admits.

Instead of fighting crowds, Sandra is taking a different approach to her 2014 holiday gift list — she intends to do most of her purchasing online.

"I really don't like going to the malls and it comes right to the door," she said. "I think shopping is sort of borderless now," she said. And what will Sandra being Shopping list

What Canadians plan to purchase:

- Topping the shopping charts among consumers is apparel (57 per cent), gift cards (52 per cent), toys (39 per cent) and grocery items (38 per cent).
- 23 per cent plan to purchase a video game console or video game; 16 per cent plan to buy a laptop or home computer; 15 per cent will purchase a tablet; and 12 per cent plan to buy either a mobile phone or smartphone.
- **Source:** Accenture holiday shopping survey, 2014.

shopping for online? "I find the best on-line deals in Canada are on electronics, toys and books and kids' clothing."

The Camera Store's Black Friday Sale



 $\mathbf{SONY}_{\!\scriptscriptstyle{\circ}}$ Sony Alpha A7 - Body Only

Sony Alpha A7R - Body Only

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Thursday, November 27, 2014

Rules of state-side shopping

Paying duty. How much can you claim?

ASTRID VAN DEN BROEK

When it comes to crossing the border to shop, it's a smart idea to have your duty and exemptions information straight so you know what you can bring back, and for what you might be stopped.

The tax exemptions

According to the Canada Border Services Agency, if you are away 24 hours or longer, you can claim up to \$200 in goods without paying any duty — however, you can't claim alcohol or tobacco products. If you visit for more than 48 hours, you can claim up to \$800 of goods, including alcohol and tobacco.

Some of the rules are more finessed.

"For instance, if you buy children's clothing, you're not charged duty on it," said Georgia Kantriviotis, a Toronto shopper.



To lie or not to lie?

Generally, most shoppers say it's best to fess up your shopping expenses at the border because the consequences can be dire.

"If they catch you lying, they flag you and then they pull you in every single time and you could lose your expedited NEXUS border clearance pass if you have one," said Karen Pietrangelo, a shopper from Niagara Falls, Ont.

"The money that you save is

often still more than what you would have spent originally in Canada if you're shopping smart. If I'm getting a \$70 golf shirt for \$10 and I have to pay \$5 on duty, I'm still ahead of the game."

And while she said she has never lied at the border, Denise Salamat-O'Connell from Oakville, Ont., said she has argued a case.

"My family of four had taken a week's vacation and were coming back bringing back furniture with us. And at the time it was about \$700 personal exemption for each of us — so \$2,800 should have been tax-free," she said.

"When we got to the border,

they decided they wouldn't give the kids the exemptions because they weren't children's items, so they were only going to give us \$1,400 tax free. But I argued that it wasn't as if the furniture was something the kids wouldn't get use out of and they actually ended up giving it to me."



What is worth the trip?

Are Black Friday deals worth the wait and the craziness that you see on TV reports? We talked to some regular shoppers to find out what deals are over the border.

Go big or go home

"The big-ticket items are definitely worth it, so electronics and furniture, appliances those sorts of things," said Denise Salamat-O'Connell from Oakville, Ont., who crosses the border to shop three to four times a year — including around Black Friday.

"Obviously, you're going to get minimal savings on things like clothes, but really to make it worth your while to go over there, you've got to bring back some big-ticket items." This includes home improvement items. "I once bought a Grohe faucet for US\$500 at a Lowe's in the U.S.," said Taralyn Goodall, who is based in Winnipeg. "At our Lowe's? It was CDN\$900 — seriously."

Shop for clothes at home

Georgia Kantriviotis, from Toronto, visits Buffalo about three times a year to do some shopping.

"Clothes shopping used to be worth it but now I just shop for clothes in Canada and pay a little more because the deals aren't as they used to be," she said.

ASTRID VAN DEN BROEK/FOR METRO

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Thursday, November 27, 2014

Deal hunting? Make it a road trip with friends

Bargain buds. Pair up or consider a bus ride and let someone else take the wheel on Black Friday

BILL BEAN For Metro

The deals, the selection and the experience: All three may drive Canadians to shop in the U.S. on, or close to, Black Friday.

Sales tax differences won't likely shift shopper from one state to another.

Some Canadians favour Pennsylvania, with its statewide six per cent sales tax, compared to New York's sales tax of up to 8.75 per cent. But many New York communities forego their share of the sales tax on clothing items valued at less than US\$110, pushing the tax rate down to four per cent.

Distance is likely a factor. Erie, Pa., is 3.5 hours from Toronto, while Buffalo is a twohour drive. Gasoline prices? Fuel sells in Irving, N.Y., for about 30 cents per litre less than in Toronto.

You could let someone else drive. Adrian Bowen, of black-fridaytrip.com, will send three 55-passenger buses to Buffalo from Toronto for Black Friday. He says the 16-hour excursion is all about the bargains.

"Even though in Canada they're trying to have their own Black Friday shopping, it cannot be compared to what we actually see in the States."

He said, as an example, that a Michael Kors handbag in Toronto can cost CDN\$300, but in Buffalo-area stores "you can get that bag for US\$150."

Bowen says the bus trips, by "hard-core shoppers" with



an average age of 25 years and one goal in sight, are, "an extremely social experience."

Stephen Fine, who runs the shopping website, cross-bordershopping.ca, said, "I find that there's a lot to offer in Buffalo." Fine said that for shoppers responding to his website, the No. 1 reason for shopping is cost savings, which can range from 30 per cent to 50 per cent. The second reason is the wider selection of merchandise. The third reason: It's an inexpensive and fun holiday.

Nancy O'Neill is a 60-some-

thing from Waterloo who has cross-border shopped with friends for 15 years. She said her trips are "all about the journey — and the shoes. You're in the car, playing music and telling stories. It's a road trip."

O'Neill goes for several days to take advantage of the \$800 personal duty exemption for anyone who stays more than 48 hours.

R. Jacqueline D'Souza, a former Torontonian who now spends much of her time in New York with her real estate company, used to be a committed cross-border shopper, "but these days I find the long lines to get across the border, as well as the lengthy lines at stores, to be quite a turnoff."

Having said that, she said the Buffalo discount outlets offer year-round "discount clothing for children which is great for parents."

Amanda McArthur, of Mississauga, Ont., says she has curtailed her cross-border shopping due to the weaker Canadian dollar, but when she does go, it's to the Niagara fashion outlets and the Walden Galleria Mall in Buffalo.

Before you go

- Pre-planning is essential. Map out your mall visits.
- Print out any relevant coupons before you go, and watch for coupons from stores on the Canadian side that have outlets in the LLS
- Find the best price to exchange your Canadian dollars, or see if you can get a credit card or bank account in American dollars.
- Consider your potential savings against the cost of gas, hotel, meals, currency conversion and customs duties.

While you are there:

- Exercise patience: Lineups can be long at the border.
- Wear clothes that come off easily for change rooms.
- Maximize your savings by using store credit cards, such as from Kohl's and Macy's.
 Some stores offer an extra 15 to 20 per cent discount on items purchased on the day of, and the day after, opening an account.



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Mobile Depot: 7004 MacLeod Trail SE, Unit 103 2555 32nd St NE, Unit 319 5222 130th Ave SE

Protect against fraud this season

Be aware. Take steps to mitigate risk for smooth shopping

ASTRID VAN DEN BROEK

It's been a year where data breaches have turned up repeatedly in headlines — major retailers such as Home Depot, SuperValu and Target have all investigated customer data hacks recently. So how safe are we to shop with our debit or credit cards, especially during this particularly busy shopping season?

Risk does rise

The risk of fraud around your cards is twofold, said Stephen O'Keefe, vice-president, operations for the Retail Council of Canada.

"There's an increased risk of fraud because the bad guys, so to speak, are hiding behind the sheer volume of people. It

Avoid online threats

- Do stick to secure, private Internet connections when shopping, said the Financial Consumer Agency of Canada. Avoid unsecured wireless Internet sites.
- **Don't** open every email you receive particularly

from unknown addresses. You could accidentally download a virus, spyware or malware. These can track your keystrokes and, ultimately, help criminals determine your passwords or online banking information.

feels safer for them to commit the offence in a crowd where they can be somewhat faceless and nameless," O'Keefe said. "And in stores, cashiers are also busier, so their sensitivity to fraud on a regular day may actually go down just because of the stress and tension of the crowd in front of them. Those two factors combined are a nasty combination."

And in an age where we are constantly advancing our technology against fraud and data breaches, O'Keefe said the cashier is still one of the best ways to prevent fraud.

"The gut feeling that a cashier has that something is fishy can lead to major breaks in cases. As a matter of fact, there was a huge breach in the U.S. at one time where fraudulent transactions were happening in a competing retailer. And, ultimately, the retailer determined there was a fraudulent card based on a tip from a cashier who had a gut feeling something was going on. That gut feeling is critical. The breaks in the

cases are often from cashiers — and then the system goes back and traces where the breaches took place."

How to protect yourself in-store

While often there is a tiny shield over the pin pad that is, more often than not, barely shielding anything from fellow customers in line, O'Keefe does have some tips to share to prevent getting your card breached.

Be friendly in line

If someone is acting suspi-

cious in line behind you, engage them in conversation or look right at them so you can remember them if something happens. "Criminals don't like friendly people," O'Keefe said.

Further protect your pin

And engage in some finger play when you are keying in your pin number for your credit or debit card. "There are thermal indicators on cellphones and you can take pictures of keypads to determine the heat." O'Keefe said. "So you can lay your fingers

over a lot of different keys or when they're keying in four numbers, don't make deliberate motions. Hit '1' and then move your fingers around the numbers so it'll confuse people."

Block with your body

"Always assume there's someone standing behind you and be sure to conceal your fingers when keying in numbers," O'Keefe said. Better yet, stand in between the following customer and the keypad so you block the pad with your body as extra protection.



PENTAX K-3

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Student of the game has all the right moves

Grey Cup. Cornish says his time spent researching off the field enables him to 'just do' on the field

Every single move Jon Cornish makes on a football field is planned.

A student of the game, the Calgary Stampeders running back almost effortlessly slices through defences, but each juke or spin that leaves a defender grabbing at air has been researched and studied, with a story of its own.

"The strongest memory is no match for the faintest ink," said Cornish. "People can think about things all they want. I have it written down so I can see exactly what I'm going to do.

"My game is so far removed from the thought process. It's natural. I'm out there and I just 'do' ... I think a lot of people try to interfere in the process of playing football — they (inject) thought."

The Stampeders hit the practice field at BC Place Stadium on Wednesday ahead of Sunday's Grey Cup game against the Hamilton Tiger-Cats, and Cornish explained how he developed a physical list of moves so that all he has to do on the field is react.

"I realized primarily through meditation that a lot of the stuff we do is not real," said the 30-year-old. "I've had the move list for about 2-1/2 years now and after I found it was effective, I added a few extra moves. If you see me do a few different things on the field, it's never a new move, it's always stuff that I've re-



Quoted

"The recurring theme or words that have come out of my players' mouths from the start of training camp is to finish. I would hope they would have that same directive this week."

Stampeders head coach John Hufnagel when asked his view on players having sex leading up to Sunday's game

searched."

A native of nearby New Westminster, B.C., Cornish has even started to add techniques used by fellow University of Kansas running back and NFL great Gale Sayers.

"I truly believe Gale Sayers

is the greatest running back that ever lived," said Cornish, who won the Lou Marsh Trophy as Canada's top athlete last year. "Every running back likes to credit his vision, but Gale Sayers was able to see in 360 (degrees). He knew everything that was going on on the field, and that's something that I've tried to (incorporate)."

Also the CFL's most outstanding player in 2013, Cornish was injured for a big chunk of this season but still managed to lead the league in rushing with 1,082 yards to go along with five touchdowns for a team that went 15-3 before thumping the Edmonton Eskimos in the West Division final.

"Jon does what he does because he is a different person," said Stampeders quarterback Bo Levi Mitchell. Remaining tickets

4,300

Grey Cup organizers say about 4,300 tickets remain unsold for the big game.

"When I say that, I mean that he's not doing your normal preparations during the off-season. He's doing different things — learning how to meditate, learning how to karate. Whatever it is, he's learning how to be a different and better athlete."

THE CANADIAN PRESS

Austin credits Hufnagel for his early CFL success



They'll share the sidelines at BC Place Stadium as opponents Sunday, but Grey Cup head coaches Kent Austin and John Hufnagel have a CFL history together.

Austin began his CFL career with the Saskatchewan Roughriders in 1987, when Hufnagel was a player-coach with the club. Austin went on to play 10 seasons with the Riders, B.C. Lions, Toronto Argonauts and Winnipeg

Blue Bombers, winning two Grey Cups (1989 with the Riders, 1994 with the Lions) and passing for over 36,000 yards.

But on Wednesday, the Hamilton Tiger-Cats head coach and general manager credited Hufnagel, the head coach/GM of the Calgary Stampeders, with helping him make a seamless transition to the three-down game following his collegiate career at Ole Miss.

Double duty

Austin and Hufnagel are the only ones in the CFL with the dual coach/GM titles, with Austin also being Hamilton's director of football operations.

"I've got a lot of respect for John," Austin said. "(Canadian football) was a different game, a totally different game than what I was comfortable with and used to.

fortable with and used to.

"Having somebody like
John to kind of cut the corners, to give you the shortcuts
that you needed to at least
have a chance to be successful early on instead of going
through huge growing pains
with a guy that didn't have a
lot of experience playing the
position, was a huge benefit."
THE CANADIAN PRESS

metrem 74 SPORTS metronews.ca Thursday, November 27, 2014

Tiny Banks weaves amid the giants

At 153 pounds. After five punt returns and a playoff-record 226 yards, pint-sized Ticat gets noticed big-time

At six foot five and 325 pounds, Peter Dyakowski fits in nicely when it comes to the supersized world of pro football.

Caterpillar would have a hard time moving the Hamilton Tiger-Cats offensive lineman. But the big man couldn't help but be envious of pint-sized teammate Brandon Banks on the trip out to the Grey Cup.

"I like being a big guy but we were flying out on the plane (Tuesday), we were eating our

Confiden

"I just feel any time I touch the ball, I have the possibility of going the distance."

Tiger-Cats wide receiver Brandon Banks

dinner and all the O-linemen were like this," said Dyakowski, mimicking eating in a scrunched-up position. "And Brandon's sitting back, enjoying a nice relaxed dinner in this giant chair that he gets to sit in, with all the space in the world. I guess sometimes he's got a leg up on us."

Banks is listed at five foot seven and 153 pounds. But pressed by reporters, the kick returner/receiver known as Speedy or Speedy-B admits to some poetic licence. "I've always been the smallest guy and I honestly probably weigh 149 pounds," he said after practice Wednesday at B.C. Place Stadium.

While it is home to all body types, the Canadian Football League is still a game of giants. Reporters scattered when a passing play neared the sideline Wednesday. The Hamilton players, wearing shoulder pads and helmets, were not going at full speed but still managed to make like a thundering herd.

Amidst the blunt instruments, Banks cut through like a scalpel. An elegant runner, he can change gears in an instant — like a car with a nitrous oxide system. "I just feel any time I touch the ball, I have the possibility of going the distance," he said. He did that twice on electric punt returns last weekend — three times if you count a 78-yard runback for a score that was called back due to a penalty — in Hamilton's 40-24 Eastern final win over the Montreal Alouettes.

Banks had five punt returns for a playoff-record 226 yards. His two TD returns — which covered 93 and 88 yards — also tied a playoff mark. The North Carolina native had three carries for 35 yards and four catches for 33 yards to finish with 294 total yards.

Edmonton's Tony Tompkins was the last man to return a kickoff for a TD in the Grey Cup, rambling 96 yards in the Eskimos' 38-35 win over Montreal in the 2005 championship game in Vancouver.

Toronto's Jimmy (The Jet) Cunningham returned a punt 80 yards for a TD in the 1996 Grey Cup when the Argos defeated Edmonton 43-37 in Hamilton.

THE CANADIAN PRESS



L CHIASSON/THE CANADIAN PRESS

Deceased

Cherry remembers old friend Quinn

Don Cherry remembers Pat Quinn as an old-school coach with a special way about him. Quinn, a former NHL defenceman, coach and executive, died Sunday night in Vancouver after a lengthy illness. He was 71.

"He was one of the good old boys. We're all going fast," the 80-year-old Cherry said. "He wasn't one of those guys with the Xs and Os but he had the touch. That's what I think of Pat Quinn: he had the touch."

THE CANADIAN PRESS

NHL

New lease on life for legend Brodeur

The St. Louis Blues are giving Martin Brodeur, 42, a chance to return to the NHL. The Blues are in need of goaltending help after starter Brian Elliott sustained a lower-body injury Tuesday night in a game against the Ottawa Senators. Brodeur is the NHL's all-time leader in wins (688) and shutouts (124).

HE CANADIAN PRES

Medal mirrors the man.

Olympic hero's bronze is now as busted up as he is Jan Hudec's Olympic ski med-

Jan Hudec's Olympic ski medal is dented and scratched, just like its owner. "It's beat up and it's shown that it's been around the block a few times," he said this week in Calgary. "It's kind of like me. The more scars it has, the more stories it has to tell."

The super-G bronze medal Hudec won Feb. 16 in Sochi, Russia, was Canada's first Olympic alpine ski medal in two decades. The Calgary racer tied for third with U.S. veteran Bode Miller.

Racing with knee bones grinding together and a cranky back, Hudec was a feel-good story of the 2014 Winter Olympic Games.

The medal has been dropped a couple of times
— once under Hudec's car
— and it also flew with its owner off a motorcycle in Switzerland this summer.

"I just figured it's laugh lines on a face, laugh lines on a medal," he said in an interview this week. "Now that I'm not injured and still standing here, I can tell you I crashed a motorbike and the medal was on the motorbike when I crashed it.

"It was on a Ducati in



Switzerland, and the medal was right on the tank when I crashed. I picked the bike up, like I do with my life so many times, and put all the broken pieces in my backpack and continued driving."

After seven knee surgeries—six on the right and one on the left—going under the knife is routine for Hudec. He had fun tweeting gruesome photos of a blood-filled bulge over his lower back prior to surgery last spring.

"The alien is gone. It was a boy," quipped Hudec.

THE CANADIAN PRESS



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metronews.ca Thursday, November 27, 2014 **SPORTS**

Islanders score in **OT to beat Capitals**

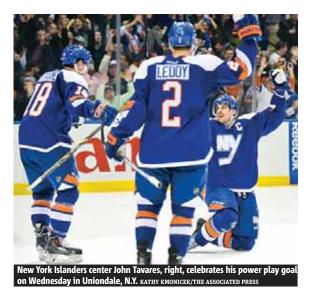
Streak. Tavares scores his ninth of the season to give New York a new franchise record: 16 wins in 22 games

John Tavares scored a powerplay goal late in overtime to lift the New York Islanders to a 3-2 victory over the Washington Capitals on Wednesday night.

The goal, the ninth of the season for Tavares, came at 4:36 and was assisted by Ryan Strome and Johnny Boychuk. Washington's Nicklas Backstrom was sent off for holding the stick at 2:38 to set up Tavares' heroics.

The Islanders have set a franchise record by winning 16 of their first 22 games. They are 10-1-0 in their last 11 contests and 7-0 in extra time this season.

Jaroslav Halak made 25



saves for his eighth straight win. He has allowed only 10 goals in those eight wins.

Anders Lee and Travis Hamonic scored first-period goals for the Islanders, while Alex Ovechkin scored twice for the Capitals in his 700th NHL game.

THE ASSOCIATED PRESS



Atletico routs Olympiakos

Koke jumps on Atletico Madrid teammate Mario Mandzukic after his third goal capping a 4-0 win over Olympiakos on Wednesday in Madrid. Scan the image with your Metro News app for a roundup of Wednesday's action around Europe, DENIS DOYLE/GETTY IMAGES

FIFA allegations

Britain's Serious Fraud Office may look into World Cup bidding process

A criminal investigation into allegations of World Cup bidding corruption could

be opened in Britain, with authorities urging whistleblowers to come forward with information.

The Serious Fraud Office is pursuing "every reasonable line of inquiry, including working closely with appropriate overseas authorities," the government department said. THE ASSOCIATED PRESS

Epic catch. **Beckham** just can't get enough

Odell Beckham Jr. can't get away from his one-handed

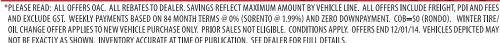
Signing memorabilia at a mall on his day off, it seemed every child and adult who walked up had a comment on the catch. Twitter remained abuzz about it, and friends and fans were still sending messages. Teammates were being asked about it on Wednesday as the Giants (3-8) turned their attention to the Jaguars (1-10) for Sunday in Jacksonville, Fla.

Beckham has come to accept being the centre of attention in the wake of his catch, and it has given the rookie receiver some lighter moments, too.

The funniest was seeing a short video shared by Major League Baseball of him catching 50 Cent's ceremonial wide first pitch at a recent Mets'

"That one gave me a good laugh," Beckham said. THE ASSOCIATED PRESS













The Power to Surprise

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

↑ Aries

March 21 - April 20

You will get the chance to perform an unselfish act today. You may not receive any obvious rewards but you will feel good about yourself.

Taurus

April 21 - May 21

No matter how many times you may have doubted your instincts in the past, don't doubt them today. According to the planets, you are in tune with the spirit of the times!

∐ Gemini

May 22 - June 21

Is what you are doing with your life meaningful? There may be moments today when your confidence wavers. Try to understand that whatever path you're on is the right one.

9 Cancer June 22 - July 23

Act on what your instincts are telling you. It does not matter if everyone else seems to be moving in the opposite direction, it matters only that you trust your inner voice.

$\mathbf{\Omega}$ Leo

July 24 - Aug. 23

Make a wish today. You may not get what you want immediately but the planets indicate that by the start of next week you will see a major change.

M Virgo Aug. 24 - Sept. 23

The mental boundaries you set up are far too rigid and need to be broken down. Think the unthinkable today. You may be

surprised what you learn.

📤 Libra

Sept. 24 - Oct. 23

Even if you're happy with the way life is going it will pay to try something different. A new routine may seem odd to begin but you will eventually wonder why you didn't change sooner.

■ Scorpio

Oct. 24 - Nov. 22

What happens over the next 24 hours will confirm that it is a mistake to limit yourself in any way. Old ways of doing things are unlikely to make your world better — but new methods will.

プ Sagittarius

Nov. 23 - Dec. 21

The obvious solution to a problem is not necessarily the right one and today's cosmic outlook urges you to try something that has not been done before.

6 Capricorn

Dec. 22 - Jan. 20

If you've been feeling left out of things, don't worry. What happens over the next few days will clue you in to what's going on and give you a starring role.

🗫 Aquarius Jan. 21 - Feb. 19

A work issue may be giving you problems but if you stay calm and listen to your inner voice it will guide you to the solution.

H Pisces

Feb. 20 - March 20

Someone is determined to make your life difficult but you won't overcome them by direct confrontation. Find ways you can influence their behaviour in more subtle ways.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

water

- 5. Pool-playing props Thanksgiving Day Parade 14. Dial
- 15. Spoken 16. Basset (Instru-
- ments) 17. Peru neighbour, briefly
- 18. Attention
- 19. Where Joan of Arc was executed in 1431 20. Unwanted caller. often: 2 wds.
- 23. Lustrous sheets fabric
- 24. Ms. Harper, to pals 25. QVC equivalent in Canada
- 28. Master ensuite feature: 2 wds.
- 32. Culture/natural history attraction in Toronto [acronym]
- 35. Ms. Carrere 36. __ door 37. Belonging to
- Edith's li'l hubby 40. Edmonton transport service
- [acronym] 42. Ran, like the tortoise's competitor, say
- 43. Johnny Cash: "__ Prison Blues" 45. Revolutionary leader, __ Guevara Lanka
- 48. La __ (World language organization that Canada, New Brunswick and Que-

bec are a part of) 52. Games org. 53. River inlet 54. Some curtains

58. Satisfyingly happy sounding Newfoundland town: 2 wds. 62. Grassland of

fabrics

South Africa 64. Math course, briefly 65. Bee's place 66. Barry Manilow's

It Through the Rain" 67. Shakespeare: "

18

- , Brute?" Caesar 68. Dr. __ Spengler, "Ghostbusters" (1984) role
- 69. Taboos

70. Actress Martha 71. Jean , Wide Sargasso Sea author

36

Down 1. Timetables, slangly-

- spelled 2. ___ week (Every
- seven days) 3. Have misgivings 4. Slacked
- 6. Russian river 7. 'Grey' tea 8. Cookies bag row 9. Village known for

5. Type of oil or milk

- its Saskatoonberry Festival each summer 10. Peek-_- ! 11. Royalty attendants
- 12. "__-haw!"

- 13. Amer. ID
- 21. Prez
- 22. Cleveland basketballers, briefly
- 26. Turn
- 27. Ms. Lauper
- 29. Cartoonist Mr.
- Keane
- 30. Tamarack Northwest Territories'
- official tree
- 31. Firearms orq.
- 32. "Baby Beluga"
- Canadian troubadour
- 33. __ Munroe/
- Storm (Marvel Comics heroine)
- 34. Canadian song-
- stress Sarah 38. QVC rival in The
- States
- 39. Plato's teacher
- 41. Even if, briefly
- 44. "Cold" by Can-
- adian singer Rob
- 46. "Free Your Mind" singing group: 2 wds.
- 49. Pitter-
- 50. Lithium-__ battery
- 51. __/Or
- 55. Actress, Jennifer
- Jason_
- 56. Delegate
- 57. British WWII
- submachine guns
- 59. Taro root
- 60. Title for a Miss, in
- Spanish [abbr.]
- 61. Quebec
- 62. Mr. Diesel
- 63. Comedian Mr. Philips

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	1	6	5	3	8	7	2	4
7	2	5	9	4	1	8	6	3
4	3	8	6	7	2	9	5	1
3	9	2	8	5	7	1	4	6
5	8	4	1	2	6	3	9	7
1	6	7	3	9	4	2	8	5
8	4	9	7	1	5	6	3	2
6	5	1	2	8	3	4	7	9
2	7	3	4	6	9	5	1	8



See today's answers at metronews.ca/answers



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